

# CPD: Level 1 Award in Healthy Living - online

## Course overview

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This qualification gives you a sound introduction to healthy living which can then be applied in a wide variety of contexts. It provides you with an overview of what healthy living is and factors which contribute to it. This is an online course and will take place via Teams. Learners may take the qualification as a stand-alone course or as part of a longer vocational or academic programme of study. This short course is ideal for those supporting others to live a healthier life.

## What will I study?

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You will:

- Identify why it is important to keep a body healthy
- Identify and give examples of foods from different food groups
- Identify some of the factors related to an unhealthy lifestyle
- Use food labels to identify contents of shop brought foods

## Assessment method

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You will participate in online classes, discussions, activities and Q&A sessions and receive verbal feedback from the tutor throughout the workshop. There is a one hour externally set multiple choice test carried out at the completion of the course as a paper based or e-assessment.

## Entry requirements

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This course is open to all. You may wish to have completed the Wellbeing: Becoming Healthier Taster (2 weeks) and the Wellbeing: Becoming Healthier course (3 weeks) but these are not essential.

You will need a solid understanding of English and the ability to work online and submit work electronically. You may wish to enrol on a Digital Skills Introduction course or a Teams For Online Learning course to prepare you for working online.

## What should I bring with me?

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You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

## Key information

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Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will continue to take place online via MS Teams.

## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to other suitable CPD or wellbeing courses or onto other courses.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722