

# Eating Well

## 7 Activities based around food

Our learning material is designed to help you to work towards Qualification and Credit Framework (QCF) units and will support you to work towards the Diploma in Health and Social Care at level 2 or 3. This document provides you with information about how the feature links to specific QCF units, and offers an activity which you could use to help demonstrate your learning. A general explanation about the QCF can be found at the end.

### Linking to Health and Social Care Diplomas at Level 2 and 3

The learning in the feature <http://www.scie.org.uk/publications/dementia/living-with-dementia/eating-well/activities-around-food.asp> will help you to understand and prepare for assessment in the following QCF units:

Health and Social Care Diploma Level 2	Health and Social Care Diploma Level 3
HSC 026, SHC 021, Dem 201, Dem 202, Dem 308, Dem 204, Dem 210, Dem 302, Dem 304, Dem 312, HSC 2014	SHC 031, HSC 036, Dem 301, Dem 308, Dem 304, Dem 312, Dem 302

### Activity to support your learning

The activity for <http://www.scie.org.uk/publications/dementia/living-with-dementia/eating-well/activities-around-food.asp> can be used to provide evidence for the QCF unit DEM 302 3.1. To do this, copy the activity and this question into a Word document, then complete and keep a record of your answers in full there.

Can you show what you've learnt from reading the feature and doing this activity? Answer these questions:

Think of a situation where you have used your knowledge of a person's life history to help to provide a diet that meets the person's preferences. Explain what you did and what difference did it make to the individual.

## General Explanation

The Qualification and Credit Framework is a flexible, 'mix and match' approach to gaining qualifications.

Every unit and qualification has both a credit value and a level. The credit value shows approximately how much time it takes to complete. The level shows how difficult the unit or qualification is. In adult social care there are vocational qualifications/units from level 1 through to level 7.

There are three sizes of qualification:

- Award (1-12 credits)
- Certificate (13-36 credits)
- Diploma (above 36 credits)

In order to obtain a Level 2 Diploma in Health and Social Care you will need 46 credits for a Level 3 Diploma in Health and Social Care you will need 58 credits.

At both level 2 and level 3 there are mandatory units and optional units; you can also choose to follow specific pathways:

- Generic qualification
- Dementia pathway
- Learning Disability Pathway

When you have selected a pathway there are specific units that you need to do. More information about QCF awards can be found at: <http://www.skillsforcare.org.uk>

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