



## Pathways to Employment - Accredited Course

### Healthy Living



Day:

Time:



10 to 1 at



New Addington

**Qualification level and title:** Entry 2 Award in Employability Skills

### Who is this course for?

This course is for learners who want to learn how to lead a healthier lifestyle and make positive lifestyle choices.

### What will I learn?

You will learn to:

- Eat a healthy and well-balanced diet
- The importance of good food hygiene
- Cook, prepare and eat your own healthy lunch
- Know what to do in an emergency and learn about basic first aid



- Why regular exercise is important and how to improve your personal fitness
- How to maintain your own personal hygiene and look good
- Look after the environment in which we live





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### How will this course benefit me?

- You will improve your fitness by participating in a fun seated exercise routine to music every week and going for a walk



- You will develop your speaking and listening skills and how to use these in the workplace
- You will learn how to care for the environment in which we live

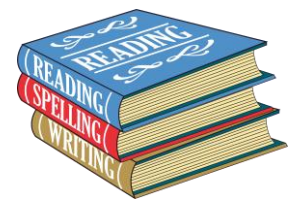


You will learn how to become more independent

### Entry requirements

To be considered for this course you must be:

- Working towards Entry level 2 English
- Interested in leading a healthier and more active lifestyle
- Committed to attend class each week



### You must bring these every week:



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### ASSESSMENT METHOD FOR ACCREDITED COURSES

This course will be assessed by the completion of a portfolio of evidence