

AQA Unit Award Scheme

Unit: Lifestyle and Choices

Unit code: 76222

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LO: Take part in a discussion about own lifestyle and potential healthy lifestyles and choices

Comments:

Assessed by:

□ Peer

□ Self

□ Teacher

Signed: Date:

LO: complete a worksheet and design a poster to identify own current lifestyle and choices

AQA Unit Award Scheme

Unit: Diet, Health and Nutrition

Unit code: 79817

LO: Keep a diary for one week of own current lifestyle and daily activities

Comments:

Assessed by:

□ Peer

□ Self

□ Teacher

Signed: Date:

LO: Write an evaluation of the impact of own lifestyle on self-esteem and values

AQA Unit Award Scheme

Unit: Diet, Health and Nutrition

Unit code: 79817

LO: different lifestyle choices, such as homelessness, relationships and how these impact on self-esteem

LO: Using research methods, identify one future potential lifestyle change

Comments:

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LO: at least one future potential lifestyle, for instance relating to health/career

AQA Unit Award Scheme

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LO: design a questionnaire to ask three other people about their lifestyle choices and values

Comments:

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LO: provide written or visual evidence to explain the meaning of self-esteem and values

Comments:

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□ Peer

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□ Teacher

Signed: Date:

LO: explore, using thought-showers, how lifestyle choice impacts on self-esteem and values

Additional Evidence