Unit: Health and Wellbeing
Level: 3
Credit Value: 6

What you will study:
You will learn about what health and wellbeing is, and what factors influence the quality of children’s lives. You will learn about the impact of diet and nutrition impacts children and young people’s lives, and the current health promotion programmes used. It will also cover how the levels of subjective wellbeing can affect the lives of children and young people and why improving this is important.

How you will be assessed:
1. You will write an essay.