NOCN Entry Level Certificate in Independent Living - Looking After Yourself and Your Home (Entry 3) - 501/0430/5

Rules of Combination: To successfully achieve the NOCN Entry Level Certificate in Independent Living - Looking After Yourself and Your Home (Entry 3) the learner must complete 15 credits. A minimum of 9 credits must be at the level of the qualification, Entry 3, with a maximum of 6 credits at Entry 1 or Entry 2. The 1 credit unit in Mandatory Group B must be achieved, plus 3 credits from Mandatory Group C - Household Skills; 3 credits from Mandatory Group D - Personal Care; and 3 credits from Mandatory Group E - Personal Development and Leisure Activities. The remaining 5 credits can be taken from any units in Groups C, D, or E. Units with the same title at different Entry Levels are barred.

Mandatory Group

Ofqual Unit Code	Unit Title	Mandatory or Optional	Credit Value	Level	NOCN ID	Sector
D/600/6157	Looking after Yourself and Your Home	Mandatory	1	E3	CAK987	14.1

Optional Group C Household Skills

K/600/6212	Household Cleaning	Optional	3	E1	CAL122	14.1
T/600/6214	Household Cleaning	Optional	3	E3	CAL124	14.1
M/600/6213	Household Cleaning	Optional	3	E2	CAL123	14.1
A/600/6201	Kitchen Hygiene	Optional	1	E1	CAL139	14.1
J/600/6203	Kitchen Hygiene	Optional	1	E3	CAL141	14.1
F/600/6202	Kitchen Hygiene	Optional	1	E2	CAL140	14.1
L/600/6204	Everyday Food and Drink Preparation	Optional	3	E1	CAL087	14.1
Y/600/6206	Everyday Food and Drink Preparation	Optional	3	E3	CAL118	14.1
R/600/6205	Everyday Food and Drink Preparation	Optional	3	E2	CAL088	14.1
A/600/6229	Using Domestic Appliances	Optional	2	E3	CAL155	14.1
T/600/6228	Using Domestic Appliances	Optional	2	E2	CAL154	14.1
H/600/6225	Recycling, Managing Waste	Optional	2	E1	CAL146	14.1
M/600/6227	Recycling, Managing Waste	Optional	2	E3	CAL149	14.1
K/600/6226	Recycling, Managing Waste	Optional	2	E2	CAL147	14.1
L/600/6218	Household Shopping	Optional	3	E1	CAL130	14.1
L/600/6221	Household Shopping	Optional	3	E3	CAL137	14.1

R/600/6219	Household Shopping	Optional	3	E2	CAL135	14.1
K/600/6209	Food Safety and Storage	Optional	3	E1	CAL119	14.1
H/600/6211	Food Safety and Storage	Optional	3	E3	CAL121	14.1
D/600/6210	Food Safety and Storage	Optional	3	E2	CAL120	14.1
J/600/6198	Basic Cooking Techniques	Optional	3	E1	CAL080	14.1
T/600/6200	Basic Cooking Techniques	Optional	3	E3	CAL084	14.1
L/600/6199	Basic Cooking Techniques	Optional	3	E2	CAL083	14.1
R/600/6222	Make a Simple Meal	Optional	3	E1	CAL142	14.1
D/600/6224	Make a Simple Meal	Optional	3	E3	CAL144	14.1
Y/600/6223	Make a Simple Meal	Optional	3	E2	CAL143	14.1
A/600/6215	Household Expenses	Optional	3	E1	CAL125	14.1
J/600/6217	Household Expenses	Optional	3	E3	CAL128	14.1
F/600/6216	Household Expenses	Optional	3	E2	CAL126	14.1

Optional Group D Personal Care

M/600/6289	Personal Care and Hygiene	Optional	3	E1	CAL090	14.1
K/600/6291	Personal Care and Hygiene	Optional	3	E3	CAL092	14.1
H/600/6290	Personal Care and Hygiene	Optional	3	E2	CAL091	14.1
Y/600/6304	Personal Safety	Optional	3	E1	CAL099	14.1
H/600/6306	Personal Safety	Optional	3	E3	CAL101	14.1
D/600/6305	Personal Safety	Optional	3	E2	CAL100	14.1
M/600/6308	Personal Presentation	Optional	3	E1	CAL096	14.1
M/600/6311	Personal Presentation	Optional	3	E3	CAL098	14.1
T/600/6309	Personal Presentation	Optional	3	E2	CAL097	14.1
J/600/6251	Choosing Clothing and Footwear	Optional	2	E1	CAL046	14.1
R/600/6253	Choosing Clothing and Footwear	Optional	2	E3	CAL058	14.1
L/600/6252	Choosing Clothing and Footwear	Optional	2	E2	CAL053	14.1
T/600/6259	Drug and Alcohol Awareness	Optional	2	E1	CAL061	14.1
M/600/6261	Drug and Alcohol Awareness	Optional	2	E3	CAL070	14.1
K/600/6260	Drug and Alcohol Awareness	Optional	2	E2	CAL065	14.1
R/600/6270	Looking after Clothes	Optional	3	E1	CAL085	14.1
R/600/6284	Looking after Clothes	Optional	3	E3	CAL089	14.1
D/600/6272	Looking after Clothes	Optional	3	E2	CAL086	14.1
A/600/6294	Personal Health	Optional	3	E1	CAL093	14.1

L/600/6297	Personal Health	Optional	3	E3	CAL095	14.1
F/600/6295	Personal Health	Optional	3	E2	CAL094	14.1
Y/600/6268	Health and Fitness	Optional	3	E1	CAL079	14.1
A/501/5194	Health and Fitness	Optional	3	E3	BZX551	8.1
R/600/6267	Health and Fitness	Optional	3	E2	CAL082	14.1
T/600/6262	Eating a Balanced Diet	Optional	3	E1	CAL072	14.1
F/600/6264	Eating a Balanced Diet	Optional	3	E3	CAL077	14.1
A/600/6263	Eating a Balanced Diet	Optional	3	E2	CAL075	14.1

Optional Group E Personal Development and Leisure Activities

D/600/6319	Eating Out	Optional	3	E1	CAL017	14.1
Y/600/6321	Eating Out	Optional	3	E3	CAL019	14.1
R/600/6320	Eating Out	Optional	3	E2	CAL018	14.1
A/600/6313	Accessing the Countryside	Optional	3	E1	CAL002	14.1
J/600/6315	Accessing the Countryside	Optional	3	E3	CAL078	14.1
F/600/6314	Accessing the Countryside	Optional	3	E2	CAL003	14.1
Y/600/6450	Outdoor Pursuits	Optional	3	E1	CAL054	14.1
H/600/6452	Outdoor Pursuits	Optional	3	E3	CAL081	14.1
D/600/6451	Outdoor Pursuits	Optional	3	E2	CAL057	14.1
Y/600/6447	Observing and Encouraging Birds	Optional	3	E1	CAL045	14.1
H/600/6449	Observing and Encouraging Birds	Optional	3	E3	CAL048	14.1
D/600/6448	Observing and Encouraging Birds	Optional	3	E2	CAL047	14.1
T/600/6441	Gardening for Pleasure	Optional	3	E1	CAL037	14.1
F/600/6443	Gardening for Pleasure	Optional	3	E3	CAL039	14.1
A/600/6442	Gardening for Pleasure	Optional	3	E2	CAL038	14.1
F/600/6457	Pet Care	Optional	3	E1	CAL069	14.1
L/600/6459	Pet Care	Optional	3	E3	CAL076	14.1
J/600/6458	Pet Care	Optional	3	E2	CAL074	14.1
L/600/6316	Computer Games	Optional	1	E1	CAL007	14.1
Y/600/6318	Computer Games	Optional	1	E3	CAL016	14.1
R/600/6317	Computer Games	Optional	1	E2	CAL015	14.1
T/600/6438	Exploring Performance	Optional	3	E1	CAL034	14.1
M/600/6440	Exploring Performance	Optional	3	E3	CAL036	14.1
A/600/6439	Exploring Performance	Optional	3	E2	CAL035	14.1
L/600/6428	Exploring Dance	Optional	3	E1	CAL026	14.1

L/600/6431	Exploring Dance	Optional	3	E3	CAL028	14.1
J/600/6430	Exploring Dance	Optional	3	E2	CAL027	14.1
R/600/6432	Exploring Music	Optional	3	E1	CAL029	14.1
K/600/6436	Exploring Music	Optional	3	E3	CAL031	14.1
Y/600/6433	Exploring Music	Optional	3	E2	CAL030	14.1
J/600/6444	Hobbies	Optional	2	E1	CAL040	14.1
R/600/6446	Hobbies	Optional	2	E3	CAL044	14.1
L/600/6445	Hobbies	Optional	2	E2	CAL043	14.1
M/600/6423	Exploring Art	Optional	3	E1	CAL023	14.1
F/600/6426	Exploring Art	Optional	3	E3	CAL025	14.1
A/600/6425	Exploring Art	Optional	3	E2	CAL024	14.1
K/600/6453	Participation in Team Activities	Optional	3	E1	CAL060	14.1
T/600/6455	Participation in Team Activities	Optional	3	E3	CAL066	14.1
M/600/6454	Participation in Team Activities	Optional	3	E2	CAL062	14.1
J/600/6475	Developing Assertiveness	Optional	2	E1	CAK940	14.1
Y/600/6481	Developing Assertiveness	Optional	2	E3	CAK942	14.1
Y/600/6478	Developing Assertiveness	Optional	2	E2	CAK941	14.1
M/600/6485	Making Choices	Optional	1	E1	CAK943	14.1
A/600/6487	Making Choices	Optional	1	E3	CAK945	14.1
T/600/6486	Making Choices	Optional	1	E2	CAK944	14.1
A/600/6490	Personal Awareness	Optional	2	E1	CAK946	14.1
L/600/6493	Personal Awareness	Optional	2	E3	CAK948	14.1
F/600/6491	Personal Awareness	Optional	2	E2	CAK947	14.1
D/600/6501	Understanding Relationships	Optional	2	E1	CAK952	14.1
T/600/6505	Understanding Relationships	Optional	2	E3	CAK954	14.1
K/600/6503	Understanding Relationships	Optional	2	E2	CAK953	14.1
Y/600/6495	Self Advocacy	Optional	3	E1	CAK949	14.1
M/600/6499	Self Advocacy	Optional	3	E3	CAK951	14.1
H/600/6497	Self Advocacy	Optional	3	E2	CAK950	14.1