



NCFE CACHE Level 1 Award in Alcohol Awareness

QN: 601/3184/6



Qualification Specification



Qualification summary

Qualification title	NCFE CACHE Level 1 Award in Alcohol Awareness
Ofqual qualification number (QN)	601/3184/6
Guided learning hours (GLH)	27
Total qualification time (TQT)	30
Credit value	3
Minimum age	14
Qualification purpose	This qualification is designed for learners looking to increase their knowledge and raise their awareness of the consequences of alcohol use.
Grading	Achieved/not yet achieved
Assessment method	Internally assessed and externally quality assured portfolio of evidence.
Work/industry placement experience	This is a knowledge-only qualification. Work/industry placement experience is not required.
Regulation information	This is a regulated qualification. The regulated number for this qualification is 601/3184/6.
Funding	This qualification may be eligible for funding. For further guidance on funding, please contact your local funding provider.



Contents

Qualification summary	2
Section 1: introduction	4
Aims and objectives	4
Support Handbook	4
Guidance for entry and registration	4
Achieving this qualification	5
Progression including job roles	5
Resource requirements	5
Work/industry placement experience	5
How the qualification is assessed	5
Internal assessment	5
Section 2: unit content and assessment guidance	7
Unit 01 Introduction to alcohol awareness for the individual (A/506/1205)	8
NCFE assessment strategy	11
Section 3: explanation of terms	12
Section 4: support	13
Support materials	13
Useful websites	13
Other support materials	13
Reproduction of this document	13
Contact us	14
Appendix A: units	15
Mandatory units	15
Change history record	16



Section 1: introduction

Centres must ensure they are using the most recent version of the Qualification Specification on the NCFE website.

Aims and objectives

This qualification aims to:

- focus on the study of alcohol awareness
- offer breadth and depth of study, incorporating a key core of knowledge.

The objectives of this qualification are to:

- raise awareness of the harmful effects of alcohol use
- engage learners in understanding issues that can impact on health and wellbeing
- prepare learners to progress to further qualifications in a similar subject area at a higher level
- prepare learners for other areas of study in a related subject area.

Support Handbook

This Qualification Specification must be used alongside the mandatory Support Handbook, which can be found on the NCFE website. This contains additional supporting information to help with planning, delivery and assessment.

This Qualification Specification contains all the qualification-specific information you will need that is not covered in the Support Handbook.

Guidance for entry and registration

This qualification is designed for a wide range of learners who want to raise their awareness of the consequences of alcohol use.

It may be useful for learners working, volunteering or studying in these areas:

- counselling
- community work
- youth work.

Registration is at the discretion of the centre in accordance with equality legislation and should be made on the NCFE Portal.

There are no specific prior skills/knowledge a learner must have for this qualification.

Centres are responsible for ensuring that all learners are capable of achieving the learning outcomes (LOs) and complying with the relevant literacy, numeracy, and health and safety requirements.

Learners registered on this qualification should not undertake another qualification at the same level, or with the same/a similar title, as duplication of learning may affect funding eligibility.



Achieving this qualification

To be awarded this qualification, learners are required to successfully achieve **one** mandatory unit.

Please refer to the unit list in appendix A or the unit summary in section 2 for further information.

To achieve this qualification, learners must successfully demonstrate their achievement of all LOs of the unit as detailed in this Qualification Specification.

Progression including job roles

Learners who achieve this qualification could progress to the following:

- further education:
 - health and social care.

Resource requirements

There are no mandatory resource requirements for this qualification, but centres must ensure learners have access to suitable resources to enable them to cover all the appropriate LOs.

Work/industry placement experience

This is a knowledge-only qualification. Work/industry placement experience is not required.

How the qualification is assessed

Assessment is the process of measuring a learner's skill, knowledge and understanding against the standards set in a qualification.

This qualification is internally assessed and externally quality assured.

The assessment consists of one component:

- an internally assessed portfolio of evidence, which is assessed by centre staff and externally quality assured by NCFE (internal quality assurance must still be completed by the centre as usual).

Learners must be successful in this component to gain this qualification.

Learners who are not successful can resubmit work within the registration period; however, a charge may apply in cases where additional external quality assurance visits are required.

Unless otherwise stated in this specification, all learners taking this qualification must be assessed in English and all assessment evidence presented for external quality assurance must be in English.

Internal assessment

Each learner must create a portfolio of evidence generated from appropriate assessment tasks to demonstrate achievement of all the LOs associated with each unit. On completion of each unit, learners



must declare that the work produced is their own and the assessor must countersign this. Examples of suitable evidence for the portfolio for each unit are provided in Section 2.

If a centre needs to create their own internal assessment tasks, there are four essential elements in the production of successful centre-based assessment tasks; these are:

- ensuring the assessment tasks are meaningful with clear, assessable outcomes
- appropriate coverage of the content, LOs or assessment criteria (AC)
- having a valid and engaging context or scenario
- including sufficient opportunities for stretch and challenge for higher attainers.



Section 2: unit content and assessment guidance

This section provides details of the structure and content of this qualification, including level, credit and guided learning hours (GLH).

The types of evidence listed are for guidance purposes only. Within learners' portfolios, other types of evidence are acceptable if all learning outcomes (LOs) are covered, and if the evidence generated can be internally and externally quality assured. For approval of methods of internal assessment other than portfolio building, please contact your external quality assurer (EQA).

The explanation of terms explains how the terms used in the unit content are applied to this qualification. This can be found in Section 3.



Unit 01 Introduction to alcohol awareness for the individual (A/506/1205)



Unit summary				
This unit helps learners to develop an understanding of the harmful effects of alcohol use, including possible health issues, and where to seek help and support on alcohol misuse issues.				
Assessment				
This unit is internally assessed via a portfolio of evidence.				
Mandatory	Achieved/not yet achieved	Level 1	3 credits	27 GLH

Learning outcomes (LOs) The learner will:	Assessment criteria (AC) The learner can:
1. Know about differences in unit strengths	1.1 State the unit strength of at least 4 alcoholic drinks
2. Know the possible causes of alcohol misuse	2.1 Identify reasons why people may misuse alcohol
3. Recognise some of the physical and psychological effects of alcohol misuse	3.1 List some psychological and physical effects of alcohol misuse
4. Be aware of the effects that alcohol misuse can have on others	4.1 State at least one effect that alcohol misuse can have on each of the following: <ul style="list-style-type: none"> • family • friends • society
5. Be aware of the health issues associated with alcohol misuse	5.1 List ways in which alcohol misuse can impact on health (for example, nutrition, liver, heart, mental health, sexual health)
6. Recognise the effects of withdrawing from alcohol	6.1 List the effects of withdrawing from alcohol
7. Know some of the agencies offering help and information about alcohol misuse	7.1 Identify sources of help and information in relation to alcohol abuse

Range
1. Know about differences in unit strengths
1.1 Alcoholic drinks: <ul style="list-style-type: none"> • spirits • beers • alcopops • mixed drinks • wine



Range
<p>3. Recognise some of the physical and psychological effects of alcohol misuse</p> <p>3.1 Effects must include:</p> <ul style="list-style-type: none"> • short-term • long-term <p>Effects of alcohol can initially be perceived as positive, as well as negative.</p>
<p>5. Be aware of the health issues associated with alcohol misuse</p> <p>5.1 Impact on health must include as a minimum:</p> <ul style="list-style-type: none"> • nutrition • liver • heart • mental health • sexual health <p>The health impact on many different parts of the body may be mentioned in the evidence, but as a minimum the above must be covered.</p>
<p>6. Recognise the effects of withdrawing from alcohol</p> <p>6.1 Effects of withdrawing could include:</p> <ul style="list-style-type: none"> • mild to moderate psychological symptoms • mild to moderate physical symptoms
<p>7. Know some of the agencies offering help and information about alcohol misuse</p> <p>7.1 Sources of help and information could include:</p> <ul style="list-style-type: none"> • a local organisation, project or agency offering help and advice on substance misuse • a national organisation or helpline • a reliable website • a trusted adult, family member or professional whom they might ask for advice and guidance in the first instance

Delivery and assessment guidance
<p>This unit could be assessed through a workbook, learner reports, oral or written questioning or information leaflets.</p> <p>Group discussions used as evidence should be supported by peer or tutor witness testimonies detailing the key learning points raised and contribution of each learner.</p> <p>1.1 At least 4 examples of different drinks should be provided as evidence. Learners must provide the unit value of the alcoholic drinks chosen and not simply the alcohol by volume (ABV) percentage.</p> <p>2.1 Learners must identify 5 reasons why people may misuse alcohol.</p> <p>Learners could identify the factors that might lead a person to use alcohol and complete a table giving examples of the life event or background and very briefly explain why this might lead to substance use/misuse.</p> <p>3.1 Learners must list 3 psychological and 3 physical effects of alcohol misuse.</p>

**Delivery and assessment guidance**

6.1 Learners must list a minimum of 2 effects of withdrawing from alcohol.

7.1 Learners must identify a minimum of 2 sources of help and information. They could be given specific guidance or assistance to research the available local and national sources of help. The examples of where to access help and guidance should be age appropriate, depending on the learner cohort, and locally accessible. National helplines and sources of information should also be included.

Tutors are advised to encourage learners to provide realistic examples of the sources of information or people they would approach.

Websites identified must provide credible, accurate and reliable information.



NCFE assessment strategy

The key requirements of the assessment strategies or principles that relate to units in this qualification are summarised below.

The centre must ensure that individuals undertaking assessor or quality assurer roles within the centre conform to the assessment requirements for the unit they are assessing or quality assuring.

Knowledge LOs

- assessors will need to be both occupationally knowledgeable and qualified to make assessment decisions
- internal quality assurers (IQAs) will need to be both occupationally knowledgeable and qualified to make quality assurance decisions.

Competence/skills LOs

- assessors will need to be both occupationally competent and qualified to make assessment decisions
- IQAs will need to be both occupationally knowledgeable and qualified to make quality assurance decisions.

The centre with which the learners are registered will be responsible for making all assessment decisions. Assessors must be **contracted** to work directly with the centre, contributing to all aspects of standardisation. The centre must ensure a process of training is followed, including during induction and quality assurance activities. Occupationally competent and qualified assessors from the centre must use direct observation to assess practical skills-based outcomes.

For this qualification, the centre must use the further information relating to adult care, childcare and health assessment principles, which can be found within the mandatory Support Handbook.



Section 3: explanation of terms

This table explains how the terms used at **level 1** in the unit content are applied to this qualification (not all verbs are used in this qualification).

Define	Give the meaning of a word or phrase.
Demonstrate	Show an understanding of the subject.
Describe	Provide details about the subject or item.
Explain	Provide details about the subject with reasons showing how or why.
Give (examples of)	Provide relevant examples to support the subject.
Identify	List or name the main points.
Indicate	Point out or show using words, illustrations or diagrams.
List	Make a list of words, sentences or comments.
Locate	Find or identify.
Outline	Identify or describe the main points.
Plan	Think about, organise and present information in a logical way. This could be presented as written information, a diagram or an illustration.
Show	Give information that includes clear knowledge about the subject.
State	Give the main points in brief, clear sentences.
Use	Take an item, resource or piece of information and link to the question or task.



Section 4: support

Support materials

The following support materials are available to assist with the delivery of this qualification and are available on the NCFE website:

- Qualification Factsheet.

Useful websites

Centres may find the following websites helpful for information, materials and resources to assist with the delivery of this qualification:

- [Drinkaware](#)
- [FRANK \(talk to fank\)](#)
- [Alcohol Change UK](#)
- [Alcohol units \(NHS\)](#)

These links are provided as sources of potentially useful information for delivery/learning of this subject area. NCFE does not explicitly endorse these websites or any learning resources available on these websites. For official NCFE-endorsed learning resources, please see the additional and teaching materials sections on the qualification's page on the NCFE website.

Other support materials

The resources and materials used in the delivery of this qualification must be age-appropriate and due consideration should be given to the wellbeing and safeguarding of learners in line with your institute's safeguarding policy when developing or selecting delivery materials.

Products to support the delivery of this qualification may be available. For more information about these resources and how to access them, please visit the NCFE website.

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Appendix A: units

To simplify cross-referencing assessments and quality assurance, we have used a sequential numbering system in this document for each unit.

 Knowledge-only units are indicated by a star. If a unit is not marked with a star, it is a skills unit or contains a mix of knowledge and skills.

Mandatory units



Unit number	Regulated unit number	Unit title	Level	Credit	GLH
Unit 01	A/506/1205	Introduction to alcohol awareness for the individual	1	3	27



Change history record

Version	Publication date	Description of change
v4.1	February 2020	Information regarding the wellbeing and safeguarding of learners added to Resources .
v4.2	June 2022	Information regarding registration and entry requirements added to section 1. Information regarding the language of assessment evidence added to section 2. Information about the support handbook added to section 5.
v4.3	September 2022	Assessment method updated. This qualification is internally assessed and externally quality assured via a portfolio of evidence. Learners are no longer required to complete a mandatory workbook. Qualification specification template information has been updated throughout. There have been no changes to the unit content.
v4.4	March 2026	Guidance for Entry and Registration: Updated the bullet list in the section outlining areas in which it may be useful for learners to be working, volunteering, or studying, ensuring clearer guidance on relevant prior experience or engagement in the sector. This qualification has been transferred into our most up-to-date qualification specification template.