
Project Guidance Form

iUCT37 – Introduction to healthy eating and well-being for the complementary therapy client

Outline the importance of healthy eating in order to maintain well-being for the complementary therapy client:

- Basic knowledge of nutrients and their sources
- Balancing the diet and the importance of regular meals
- Eating disorders and conditions
- Review the eating habits of a complementary therapy client and give general information on maintaining health and well-being

All evidence listed above may be presented in any of the following formats and may include some ICT:

- List
- Written word
- Chart
- Treatment form
- Spider diagram
- Other pictorial presentation

Document History

Version	Issue Date	Changes	Role
v1	09/10/2019	First published	Qualification Administrator