

Scheme of work

For each VTCT (ITEC) qualification, the lecturer/centre must complete a scheme of work for each unit indicating how the Lecturer is planning to cover the unit content throughout the course. Set out the planned sessions in terms of learning outcomes to be achieved. These should match those stated within the VTCT (ITEC) unit specification. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the unit specification.

Unit title: iUCT37 - Introduction to healthy eating and well-being for the complementary therapy client

Total contact tuition hours proposed: 30

Lecturer(s) responsible:

| Learning objectives | Lecture content | Suggested resources | Approx. hours |
|---|---|--|---------------|
| Introductory session | <ul style="list-style-type: none"> College rules and regulations College mission statement ITEC rules and regulations Health & Safety Timetable Dates – holidays etc. Syllabus Recommended books Uniform | <ul style="list-style-type: none"> Powerpoint presentation VLE Lecture Q&A Using all the documents listed to ensure the students understand the college expectations and their commitment to the course | |
| Understand the importance of healthy eating | | | |
| Describe the functions of protein, fat / lipids, carbohydrates, roughage / fibre, water, vitamins and minerals in the diet, identifying common food sources of each | <ul style="list-style-type: none"> Protein Fat Cholesterol Carbohydrates (simple and complex) Roughage/fibre Water Vitamins A,C,D, E, B1, B2, B3, B6, B12, Folic acid, K Macro minerals Calcium Magnesium | <ul style="list-style-type: none"> OHP/whiteboard PowerPoint VLE Activities Lecture Q&A Handout Homework Test | 15 |

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| | <ul style="list-style-type: none"> • Phosphorus • Sodium • Potassium | | |
| Describe what constitutes a balanced diet | <ul style="list-style-type: none"> • Foods that make up a balanced diet • Appropriate nutrient intake • Best sources of nutrition • Best methods of preparation/ storage/cooking of foods • Benefits of using fresh foods • Breakfast • Lunch • Dinner • Healthy snacks | | |
| State the importance of eating regularly | <ul style="list-style-type: none"> • Importance of eating regularly and the effects on metabolism | | |
| Identify different eating disorders and conditions | <ul style="list-style-type: none"> • Anorexia nervosa • Bulimia nervosa • Diabetes Type 1 • Diabetes Type 2 • Food allergies/sensitivities • Hypoglycaemia • Obesity | | |

| Be able to advise on healthy eating and well-being for the complementary therapy client | | | |
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| Review the client's present eating habits, giving general information to maintain well-being | <ul style="list-style-type: none"> • Client lifestyle • Current health • Current eating habits • Information relevant to maintaining well-being though a balanced diet | <ul style="list-style-type: none"> • OHP/whiteboard • PowerPoint • VLE • Activities • Lecture • Q&A • Handout • Homework • Test | 15 |
| Identify the factors to be taken into consideration when giving advice to the client on healthy eating | <ul style="list-style-type: none"> • Age • Body size • Gender • Occupation • Fitness and activity levels • Culture • Religion • Geographical location • Client preferences | | |

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| Explain how lifestyle changes impact on the general health and well-being of the client | <ul style="list-style-type: none"> • Healthy eating • Fluid/water intake • Exercise • Smoking habits • Sleep patterns • Hobbies • Interests • Rest • Relaxation • Stress levels • Antinutrients i.e., alcohol, tea, coffee, medication, refined foods | | |
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Document History

| Version | Issue Date | Changes | Role |
|---------|------------|-----------------|------------------------------|
| v1 | 09/10/2019 | First published | Qualifications Administrator |
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