

# iUCT37 – Introduction to healthy eating and wellbeing for the complementary therapy client

URN – J/617/4357

**Guided Learning Hours: 30**

Learning outcome	Assessment criteria	Taught content to include
LO1 Understand the importance of healthy eating	1.1. 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"> <li>• Protein</li> <li>• Fat</li> <li>• Cholesterol</li> <li>• Carbohydrates (simple and complex)</li> <li>• Roughage/fibre</li> <li>• Water</li> <li>• Vitamins <ul style="list-style-type: none"> <li>- A</li> <li>- C</li> <li>- D</li> <li>- E</li> <li>- B1</li> <li>- B2</li> <li>- B3</li> <li>- B6</li> <li>- B12</li> <li>- Folic acid</li> <li>- K</li> </ul> </li> <li>• Macro minerals</li> <li>• Calcium</li> <li>• Magnesium</li> <li>• Phosphorus</li> <li>• Sodium</li> <li>• Potassium</li> </ul>

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

LO2 Be able to advise on healthy eating and wellbeing for the complementary therapy client	2.1. Review the client's present eating habits, giving general information to maintain wellbeing	<ul style="list-style-type: none"> <li>• Client lifestyle</li> <li>• Current health</li> <li>• Current eating habits</li> <li>• Information relevant to maintaining wellbeing through a balanced diet</li> </ul>
	2.2. Identify the factors to be taken into consideration when giving advice to the client on healthy eating	<ul style="list-style-type: none"> <li>• Age</li> <li>• Body size</li> <li>• Gender</li> <li>• Occupation</li> <li>• Fitness and activity levels</li> <li>• Culture</li> <li>• Religion</li> <li>• Geographical location</li> <li>• Client preferences</li> </ul>
	2.3. Explain how lifestyle changes impact on the general health and wellbeing of the client	<ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Fluid/water intake</li> <li>• Exercise</li> </ul>

		<ul style="list-style-type: none"> <li>• Smoking habits</li> <li>• Sleep patterns</li> <li>• Hobbies</li> <li>• Interests</li> <li>• Rest</li> <li>• Relaxation</li> <li>• Stress levels</li> <li>• Anti-nutrients, i.e. alcohol, tea, coffee, medication, refined foods</li> </ul>
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Assessment	
Portfolio of evidence containing: <ul style="list-style-type: none"> <li>• Internal task</li> </ul>	<p>The internal task must be evidenced using the project assessment form. See <a href="http://www.itecworld.co.uk">www.itecworld.co.uk</a></p> <p>The project guidance form may be downloaded from <a href="http://www.itecworld.co.uk">www.itecworld.co.uk</a></p>

Guide to taught content
<p>The content contained within the unit specification is not prescriptive or exhaustive but is intended to provide helpful guidance to teachers and learners with the key areas that will be covered within the unit, and, relating to the kinds of evidence that should be provided for each assessment objective specific to the unit learning outcomes.</p>

**Document History**

Version	Issue Date	Changes	Role
v1	17/09/2019	First published	Qualifications and Regulation Co-ordinator