

iUCT29 – Healthy eating and wellbeing for the complementary therapy client

URN – R/617/4345

Guided Learning Hours: 30

Learning outcome	Assessment criteria	Taught content
LO1 Understand the role and sources of nutrients required for a balanced diet to maintain good health	1.1. Explain the function of protein, fat/lipids, carbohydrates, roughage/fibre, water, vitamins and minerals in the diet, identifying examples in common food sources	• The function of protein in the diet - Sources and function of protein - Protein - Peptones - Polypeptides - Amino acids - Essential and non-essential amino acids - Recommended daily allowances/intake - The effects of over and under consumption - Complete and incomplete proteins - Methods of combining foods to obtain complete proteins • The function of fats/lipids in the diet - Sources and function of fats/lipids - Fats - Fatty acids - Glycerol - Saturated, unsaturated, monounsaturated, polyunsaturated fatty acids and essential fatty acids: ▪ Gamma linolenic acid ▪ Omega 3 & 6 ▪ Trans fats - Recommended daily allowances/intake - The effects of over and under consumption - Process of hydrogenation and chemical changes - Free radicals and their effects

		- Methods of combating free radicals - Storage methods used to preserve stability of fats - The role of cholesterol in the diet - Definition of cholesterol - High density lipoprotein (HDL) - Low density lipoprotein (LDL) - Functions and sources of cholesterol - The effects of over and under consumption - Lifestyle and factors which affect cholesterol - Dietary measures to reduce cholesterol - Relationship between dietary levels of cholesterol and cholesterol levels in the blood • The function of carbohydrates in the diet - Sources and function of carbohydrates - Recommended daily allowances/intake - The effects of over and under consumption - Simple and complex carbohydrates - Starch - Monosaccharides - Disaccharides - Polysaccharides • The function of fibre in the diet - Sources and function of fibre - Soluble and insoluble fibre - Non starch polysaccharides - The effect of fibre on the digestive system and where it is broken down - The effects of over and under consumption • The function of water in the diet - The sources and function of water - Recommended daily intake - The effects of over and under consumption • The function of vitamins in the diet - Define vitamin - Oil soluble vitamins - Water soluble vitamins - Details of function, sources, deficiencies, recommended daily allowances, over intake (and dangers arising from it e.g., toxicity) for the following vitamins:
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		▪ A ▪ C ▪ D ▪ E ▪ B1 ▪ B2 ▪ B3 ▪ B6 ▪ B12 ▪ Folic acid ▪ K • The function of minerals in the diet - Definition of mineral/macro mineral/micro mineral - Details of sources, functions, and signs of deficiencies - Recommended daily allowances - Describe any dangers arising from deficiency of the following minerals: ▪ Macrominerals • Calcium • Magnesium • Phosphorus • Potassium • Sodium ▪ Microminerals • Chromium • Copper • Iodine • Iron • Manganese • Selenium • Sulphur • Zinc • Antioxidants • Sources • Functions • Dietary/nutritional value of common foods to include: - Eggs - Fish
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		- Fruit and juices - Grains and legumes - Meat and meat products - Nuts - Seeds - Sugars - Vegetables - Juices - Milk and milk products - Soya products - The best storage methods of the above
	1.2. Describe how nutrients may be effected by: • The cooking process • Refining food • Environmental pollutants	• Processes which effect the nutrient levels of food to include: - Cooking - Storage - Freezing - Blanching - Re-heating • Food processing to include: - Additives - Preservatives - Commercial antioxidants - Sequestrant - Flavour enhancer - Thickener - Emulsifiers - Colourings - Nutrients lost through processing - Health problems associated with processing • The role of refined and unrefined foods to include: - Definition of refined food - Methods of refining - Effects of refining: ▪ Colour ▪ Texture ▪ Taste ▪ Nutritional value ▪ Vitamin and mineral losses incurred in refining ▪ Medical conditions arising from high intake of refined foods

		▪ The additional vitamins and minerals needed to be taken to compensate for high intake of refined foods • Possible side effects of food additives to include: - Allergies/sensitivities - Attention Deficit Disorder - Hyperactivity • The role of environmental pollutants: - The effects of the following pollutants: ▪ Pesticides ▪ CO2 emissions - Other sources of pollutants and their effects on the body, mentally and physically in particular, from prolonged contact - People vulnerable to pollutants
	1.3. Explain what constitutes a balanced diet	• Guidelines for healthy eating and preparation of a balanced diet • Dietary reference values • Best methods of preparation/storage/cooking of foods • Best sources of foods • Benefits of using fresh foods • Nutritional values in foods • Importance of checking nutritional information on labels particularly to identify: - Additives - Flavourings - Colourings • Methods employed by the food industry to prolong the life of food • Nutritional losses incurred in storage • Show awareness of current debates on: - Genetic engineering and other methods of food adulteration - Possible medical conditions arising from use of plastics and other food containers and utensils - Red meat/processed meat in the diet and its effects on cancer - Cholesterol - Dairy products and alternatives - Daily intake of milk or use of other sources of calcium in order to prevent osteoporosis - Tap water/bottled water

		- Water filters - Organic foods - Super foods - Detoxifying diets/products - Probiotics - 'Clean' eating - Juicing - Intermittent fasting e.g 5:2 diet, 16:8 diet - Vegan diet - Gut health - microbiome
	1.4. Explain the importance and benefits of eating regularly	• Breakfast • Lunch • Dinner • Healthy snacks • Effects of eating regularly on metabolism and general health
	1.5. Explain how nutritional imbalance can affect health and wellbeing	• Common ailments thought to have links to nutritional imbalances to include: - The ways in which diet may help - Common cold - Influenza - Cystitis - Water retention - Arthritis - PMT - Sinusitis - Migraine - Asthma - Stress - Eczema - Psoriasis - Cellulite • The condition of hypoglycaemia to include: - Definition of hypoglycaemia - Effect in insulin - Symptoms and causes - Glycaemic index - Foods which influence blood sugar levels - Strategies for coping with hypoglycaemia

		• The condition of diabetes to include: - Definition of diabetes - The differences between Diabetes type 1 and 2 - The symptoms and causes of both types - Dietary methods for dealing with diabetes - The importance of control and management of diet for a diabetic - The importance of weight loss to reduce insulin resistance - The importance of regular and even food intake at consistent levels • Gluten intolerance to include: - Possible side effects - Foods to be avoided - Suitable alternatives - Maintaining a balanced diet - The various disorders which may be associated with it - Coeliac disease • Dairy intolerance to include: - Possible side effects - Foods to be avoided - Suitable alternatives - Maintaining a balanced diet - The various disorders which may be associated with it • Nut intolerance to include: - Possible side effects - Foods to be avoided - Suitable alternatives - Maintaining a balanced diet - The various disorders which may be associated with it • Common anti-nutrients and how they affect general health and wellbeing to include: - Definition of the term anti-nutrient - The anti-nutrient effects of: ▪ Tea ▪ Coffee ▪ Alcohol ▪ Carbonated soft drinks ▪ Tranquillisers ▪ Antibiotics
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		▪ Stress ▪ Smoking ▪ Medication ▪ The contraceptive pill - The effect of anti-nutrients on vitamin and mineral absorption - Systems of the body which are affected by anti-nutrient intake - Problems associated with prolonged intake of anti-nutrients • The causes of the following diseases and disorders of the digestive system to include: - Appendicitis - Cirrhosis of the liver - Jaundice - Heartburn - Irritable bowel syndrome (IBS) - Ulcer - Hernia - Stress - Anorexia nervosa - Bulimia nervosa - Gall stones - Diarrhoea - Constipation - Candida - Diverticulitis - Crohn's disease - Coeliac disease - Obesity - Ulcerative colitis
	1.6. Explain metabolism, Basal Metabolic Rate (BMR) and units of energy	• Metabolism • Basal metabolic rate • Factors affecting metabolism and vitamins and minerals needed for an efficient metabolism • Calorie • Joule • The food energy value of protein, fat and carbohydrate
	1.7. Identify the basic rules/guidelines to food labelling	• Agencies governing food regulation e.g., Scientific Advisory Committee on Nutrition (SACN), Food Standards Agency, Department for Environment, Food and Rural Affairs (DEFRA)

		• Food Labelling Regulations - Name of food - List of ingredients - Amount of ingredient named or associated with food - Durability indicator - Storage conditions - Manufacturer - Place of origin - Manufacturing process - Instructions for use - Special notification of intolerances/allergens - Genetic modifications - Nutritional signposting - Traffic light labelling - E numbers - Label advice - Pictures - Descriptions - Cooking instructions
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LO2 Be able to provide general information on healthy eating	2.1. Evaluate the client's present eating habits in line with current healthy eating guidelines	• Explain the methods of consultation and draw conclusions from the client consultation process • An example of a consultation form can be downloaded from www.vtctskills.org.uk • Students should demonstrate the knowledge of the importance of the following: - Consulting in a private, comfortable area - Positive body language - Positioning of the client (no barriers between self and client) - Good communication skills (asking open and/or closed questions where appropriate) - Verbal and non-verbal communication - Allowing the client to ask questions - Trust - Professionalism, confidence and enthusiasm - Client profile - Medical history - Client disclosure
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		- Ascertaining client's current lifestyle e.g. working hours, exercise - Ascertaining client's current eating habits - Professionally informing the client of restrictions e.g. contra-indications and contra-actions, explanation of any possible side effects resulting from general information - Defining self-care - Outlining the benefits of recommended general information for self-care - Planning a general self-care programme bearing in mind the client's religious, moral and social beliefs - Determining the nature and extent of the client's needs in respect of presenting conditions - Agreeing to the course of action and recommended information - Ascertaining the client's consent to the general information and proposed self-care programme Where the client is not in a position themselves, ascertaining the appointed companion's agreement to the general information and proposed treatment programme - Explaining how the self-care programme will be evaluated and the review process - Where applicable, clarifying with the client information which may be available to others e.g. relevant health care workers - Confidentiality - Agreeing general information, proposed self-care objectives and recommended procedures - Obtaining the client's signature (or that of the appointed companion) - Providing general information to assist the client to maintain wellbeing through healthy eating and a well-balanced diet - Documenting general information, the proposed self-care programme and outcomes - Storing documented information in line with current legislation and professional codes of conduct • 'Consent' to treatment to include: - Importance of obtaining consent from the client
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		- Importance of gaining consent from a person who is acting in the best interests of the client (when the client is unable or not of an age to make the decision for themselves) - Current debate surrounding the issue of consent and the ways in which it may differ between various practitioners - The meaning of informed client consent and the guidance given by the practitioner's professional body, particularly where there is a need for written consent - Methods of obtaining consent and how to confirm that clients have been given sufficient information on which to base their own judgment - Ensure that agreements are in the client's best interests - Ensure that client or appointed companion signs the consultation form to consent to treatment • Referral procedures to include: - Demonstration of the understanding of when a client should be referred to either: ▪ GP ▪ Counsellor ▪ Other complementary therapist ▪ Member of the social care or nursing team (when working in care) ▪ Other voluntary or statutory services e.g. Citizens Advice Bureau, social services
	2.2. Provide general information to maintain health and wellbeing	• General information to bring about lifestyle changes and their effects on health and wellbeing to include: - Healthy eating for well being - Fluid/water intake - The role of supplements - Exercise for general health - Posture - Smoking habits - Work - Sleep patterns - Hobbies - Interests - Rest - Relaxation techniques - Time management

		- Stress levels - General care and lifestyle advice and the beneficial effects thereof
	2.3. Explain the factors that should be considered when planning healthy eating for the complementary therapy client	• Influencing factors to include: - Physiological factors e.g. age, general health, body size, gender, pregnancy and activity levels - Psychological factors e.g. attitudes towards food and ethics - Economics e.g. cost of food - Sociological factors e.g. culture and occupation - Environmental factors e.g. geography • Current health • Current eating patterns • Client requirements/expectations • Client disclosure • Only working within the realms of therapist's scope of practice and expertise • Only recommending general information and a self-care programme which is relevant and appropriate to the client • Client suitability in respect of age, gender, physical and psychological health and requirements • Awareness of the client's religious, moral and social beliefs, cultural background and location when making general dietary recommendations • Conditions for which general information and self-care are recommended • Where general information and recommendations for self-care are contra-indicated or inappropriate • Consent to treatment • Ongoing recommendations • Interpreting client feedback • Outcomes achieved • Evaluating the effectiveness of the general information • Re-assessing general information and recommendations for self-care • Any change in demands e.g. physiological or psychological changes experienced by client • Whether the information given met the needs of the client – client expectations

		• Longer term needs of the client • The importance of therapist self-reflection in relation to client and general information given • Client progression • Review of general information and ongoing recommendations for self-care • Documenting and storing client feedback in line with current legislation and professional codes of conduct
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Assessment

Portfolio of evidence containing: • Assignment	The assignment is internally assessed by the college lecturer and verified by the external quality examiner (if sampled). Assignment guidance and assignment assessment form, which must be used, can be downloaded from the VTCT Skills website www.vtctskills.org.uk .
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Guide to taught content

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.

Document History

Version	Issue Date	Changes	Role
v1	17/09/2019	First published	Qualifications and Regulation Co-ordinator
v2	22/06/2026	Rebranding	Development Administrator