

1. Title	Know about basic nutrition	
2. Code	BEZZCN226A	
3. Range	Understand basic knowledge of nutrition, be able to answer simple questions on food nutrition and recommend correct diet when communicating with customers at beauty-related workplaces.	
4. Level	2	
5. Credit	6 (for reference only)	
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Know about basic nutrition</p> <ul style="list-style-type: none"> ◆ Knowledge on basic definition of nutrition ◆ Understanding the structure and basic operational functions of digestive system ◆ Understanding the whole digestion process of nutrients, including the intake, digestion, absorption, metabolism and excretion ◆ Know about the origin and uses of body energy, and master basic calculation ◆ Have concepts on the types of food and their suggested dietary level, including: <ul style="list-style-type: none"> • Cereals • Vegetables • Fruits • Meats, poultries, eggs and beans • Milk and dairy products ◆ Know about the properties and functions of main nutrients and daily intake level for human body, including: <ul style="list-style-type: none"> • Carbohydrate • Fat • Protein • Vitamins • Minerals • Water • Dietary fibre <p>6.2 Apply basic knowledge of nutrition</p> <ul style="list-style-type: none"> ◆ Master basic knowledge of nutrition including food types and properties and basic functions of main nutrients, answer simple questions from customers on food nutrition and help recommending correct diet ◆ Advise customers to consult nutritionists/ registered dietitians for advanced questionings related to nutrition 	

7. Assessment Criteria	The integrated outcome requirements of this unit of competency are: <ul style="list-style-type: none">(i) Capable to master basic knowledge of nutrition to recommend correct diet; and(ii) Capable to correctly answer simple questions from customers on food nutrition and refer them to nutritionists/registered dieticians for complicated questions.
8. Remarks	