

1. Title	Understand the relationship between nutrition and beauty
2. Code	BEZZCN314A
3. Range	Understand basic knowledge of nutrition and the relationship among beauty-related nutrients; know about common dietary misunderstandings and popular slimming methods; answer customers' enquiries at beauty-related workplaces on correct diet that are relevant to beauty care and slimming.
4. Level	3
5. Credit	6 (for reference only)
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Understand beauty-related nutrients and common dietary misunderstandings</p> <ul style="list-style-type: none"> ◆ Understand basic knowledge on nutrition ◆ Understand beauty-related harmful substances and nutrients in general, such as: <ul style="list-style-type: none"> • Skin • Hair • Nails • Oedema • Pressure • Immunity • Weight control • Food allergy or intolerance ◆ Understand common dietary misunderstandings and popular slimming methods <p>6.2 Application of the relationship between beauty and nutrition</p> <ul style="list-style-type: none"> ◆ Master basic knowledge of nutrition and the basic relationship of nutrition to beauty and slimming, and answer customers' enquiries on correct diet that are relevant to beauty care and slimming of body ◆ Advise customers to consult nutritionists/registered dieticians for advanced questions
7. Assessment Criteria	<p>The integrated outcome requirements of this unit of competency are:</p> <p>(i) Capable to master the relationship among beauty-related nutrients, know about common dietary misunderstandings and popular slimming methods; answer customers' enquiries on correct diet that are relevant to beauty care and slimming; and</p> <p>(ii) Capable to advise customers to consult nutritionists/registered dieticians for complicated questions about nutrition and diet.</p>
8. Remarks	The credit value of this unit of competency is set on the presumption that the learner already possesses the competency of BEZZCN226A "Know about basic nutrition".