

1. Title	Understand diets for beauty and for different seasons
2. Code	BEZZHC213A
3. Range	Understand the relationship between food therapy and beauty, and have basic knowledge of seasonal diet and answer customers' enquiries on relevant issues 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 Understand diets for beauty and for different seasons</p> <ul style="list-style-type: none"> ◆ Understand the history and general development of diet for health promotion in Chinese culture ◆ Understand the characteristics of Chinese diet for health promotion <ul style="list-style-type: none"> • Properties of five food flavours e.g. sour flavour affects the liver • Reasonable matching of the diet <ul style="list-style-type: none"> ▸ Reasonable match of meat and vegetables ▸ Including all kinds of nutrients ◆ Understand the relationship between health-promoting diet and beauty ◆ Understand the basic theory of seasonal diet e.g. according to health-promoting diet in spring, delicate food that can replenish 'yang qi' (energy) is suitable <p>6.2 Apply basic knowledge of diets for beauty and for different seasons</p> <ul style="list-style-type: none"> ◆ Master the fundamental concept of Chinese diet for health promotion and its relationship to beauty and the basic theory of diet for different seasons, and answer relevant enquiries from the customers ◆ Refer advanced questions about diet and food matching to the supervisors or advise the customers to consult relevant experts
7. Assessment Criteria	<p>The integrated outcome requirements of this unit of competency are:</p> <p>(i) Capable to understand the fundamental concepts of Chinese diet for health promotion and for different seasons; and their relationships to beauty, and answer relevant enquiries from the customers; and</p> <p>(ii) Capable to refer advanced questions about diet and food matching to the supervisors or advise the customers to consult relevant experts.</p>
8. Remarks	