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| 1. Title | Understand product information of general health foods |
| 2. Code | BEZZHC215A |
| 3. Range | Understand the types and benefits of health food and provide correct information to customers at beauty-related workplaces according to product instructions or fact sheet provided by the manufacturers or agents. |
| 4. Level | 2 |
| 5. Credit | 3 (for reference only) |
| 6. Competency | <p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Understand health foods</p> <ul style="list-style-type: none"> ◆ Understand basic nutrition ◆ Understand the information on the labels or instructions of health food, including: <ul style="list-style-type: none"> • Product name • Food ingredients, contents and substances e.g. vitamins, zinc, iron • Benefits such as nutrient supplementation, slimming, anti-aging, reducing visible spots, preserving health • Range of application, servings for users at different age and sex • Storing method and expiry date • Name and address of the manufacturer or packing company • Contents that may cause allergies ◆ Understand the form of health foods e.g. tablet, capsule, powder, liquid <p>6.2 Interpret health food product labels and distinguish from general health foods</p> <ul style="list-style-type: none"> ◆ Explain to the customers the benefits, range of application, method and servings, storing method and expiry date of a health food product according to the information given ◆ Conduct basic product check according to the information provided by the manufacturer or agent, and immediately report to the supervisors if any undesirable product is found |
| 7. Assessment Criteria | <p>The integrated outcome requirements of this unit of competency are:</p> <p>(i) Capable to explain to the customers the benefits, range of application, method and servings, storing method and expiry date of a health food product according to the information of the product; and</p> <p>(ii) Capable to state the correct product information to the customers or user according to the information provided by the manufacturer or agent, conduct basic product check and immediately report to the supervisors if any undesirable product is found.</p> |
| 8. Remarks | |