

1. Title	Explain health food label information to customers
2. Code	BEZZHC312A
3. Range	Master the basic legal requirements of Food and Environmental Hygiene Department of Hong Kong on food labels and explain health food label information correctly to customers at beauty-related workplaces.
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 health food label contents</p> <ul style="list-style-type: none"> ◆ Understand the concept of basic nutrition ◆ Know about popular trace food additives ◆ Understand food and nutrition label contents, such as: <ul style="list-style-type: none"> • Existing legal requirements on label contents for pre-packaged food with reference to relevant regulations to be enforced by the government • Safety levels of trace food additives used • Nutrient content/facts listed (if applicable) • Nutrient content claim (if applicable) • Nutrient comparative claims (if applicable) • Information on ingredients that may cause allergies ◆ Understand the contents and scope of application of genetically modified health food labels, such as: <ul style="list-style-type: none"> • Interpretation of label information • Product functions and contraindications <p>6.2 Explain health food label information to customers</p> <ul style="list-style-type: none"> ◆ Explain food information to customers according to food and nutrition label contents, such as: <ul style="list-style-type: none"> • Main types of nutrition facts, such as: energy, carbohydrate, protein, vitamins, cholesterol, dietary fibre, calcium, zinc, sodium, fat, iron • Popular trace food additives such as preservatives, water-retaining agent, colourings, emulsifier, gelatinizer, firming agent • Nutrient content • Nutrient functions e.g. functions and impact of health food content on human body • Functions and contraindications of genetically modified health foods

7. Assessment Criteria	The integrated outcome requirement of this unit of competency is: (i) Capable to maintain a correct attitude and explain food label information accurately to customers or users in health food promotion activities according to relevant requirements of food label regulations on the ingredients, content and functions listed on products.
8. Remarks	