

1. Title	Know about the relationship among body constitutions, diets and beauty care
2. Code	BEZZHC316A
3. Range	Understand the relationship between body constitutions and dietary treatments and the basic theory of Chinese medicinal food therapy for beauty care at workplaces engaged in beauty care, and recommend appropriate diets for health and beauty care according to the constitution characteristics and needs of customers.
4. Level	3
5. Credit	6 (for reference only)
6. Competency	<p style="text-align: center;"><u>Performance Requirement</u></p> <p>6.1 Know about the relationship among body constitutions, diets and beauty care</p> <ul style="list-style-type: none"> <li>◆ Know about various types of body constitutions and their characteristics, including: <ul style="list-style-type: none"> <li>• Qi (energy) deficient</li> <li>• Blood deficient</li> <li>• Yin deficient</li> <li>• Yang deficient</li> <li>• Qi (energy) stagnated</li> <li>• Yang excessive</li> <li>• Phlegm and wet</li> <li>• Blood blocked</li> </ul> </li> <li>◆ Know about the dietary principles for treating various types of body constitutions, including the matching of foods and relevant contraindications, such as: <ul style="list-style-type: none"> <li>• Invigorating energy for qi-deficient clients</li> <li>• Enriching blood for blood-deficient clients</li> <li>• Increasing yin for yin-deficient clients</li> <li>• Increasing yang for yang-deficient clients</li> </ul> </li> <li>◆ Know about the relationship between dietary treatments and beauty care, such as: <ul style="list-style-type: none"> <li>• Making hair dark</li> <li>• Improving hair growth</li> <li>• Giving glowing complexions</li> <li>• Enhancing facial beauty</li> <li>• Reducing body weight</li> </ul> </li> </ul>

	<p>6.2 Recommend appropriate diets for health and beauty care</p> <ul style="list-style-type: none"> <li>◆ Conduct effective communication with customers, collect information from them through proper enquiries and guidance, and analyze their body constitutions and characteristics</li> <li>◆ Master the characteristics of body constitutions and the relevant basic principles of dietary treatments and the basic theory of diets for beauty care; recommend appropriate diets for health and beauty care and point out desirable and undesirable applications</li> <li>◆ Advise customers to consult relevant experts in case of complicated body conditions or diseases</li> </ul>
7. Assessment Criteria	<p>The integrated outcome requirements of this unit of competency are:</p> <ul style="list-style-type: none"> <li>(i) Capable to understand various types of body constitutions and relevant basic principles of dietary treatments, and the basic theory of Chinese medicinal food therapy for beauty care;</li> <li>(ii) Capable to recommend to customers appropriate diets for health and beauty care and point out desirable and undesirable applications in the process of communication according to their constitution characteristics and needs; and</li> <li>(iii) Capable to advise customers to consult relevant experts in case of complicated body conditions or diseases.</li> </ul>
8. Remarks	