

1. Title	Analyze health food information and effects
2. Code	BEZZHC419A
3. Range	Master the legal requirements of Food and Environmental Hygiene Department of Hong Kong on food labels, and correctly analyze the effects of health products at beauty-related workplaces according to the ingredient combination and nutrients required by human body listed on the products.
4. Level	4
5. Credit	6 (for reference only)
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Understand the effects of health foods and their international production standards</p> <ul style="list-style-type: none"> <li>◆ Understand the basic functions of nutrition</li> <li>◆ Know about the popular additives</li> <li>◆ Understand the table of content of ingredients on a health food label, including: <ul style="list-style-type: none"> <li>• Efficacy of primary and secondary nutrients such as nutrients generating energy, trace nutrients</li> <li>• Nutrient-related claims such as nutrient content claims and nutrient function claims</li> </ul> </li> <li>◆ Understand the international production standards used by the industry such as Good Manufacturing Practice (GMP)</li> </ul> <p>6.2 Analyze health food information and effects</p> <ul style="list-style-type: none"> <li>◆ Integrate the efficacies of primary and secondary nutrients in a product according to the contents of the food label</li> <li>◆ Follow the requirements of Food and Environmental Hygiene Department of Hong Kong on food labels and conduct brief analysis on product information according to content in the ingredient list, product name, information on efficacies, serving methods and amount</li> <li>◆ Check the product safety and quality certification provided by the food manufacturer or agent and assess the basic safety of the product e.g. GMP, quality control certification</li> </ul>
7. Assessment Criteria	<p>The integrated outcome requirements of this unit of competency are:</p> <p>(i) Capable to understand the basic information and function of food content and nutrition facts, and master the contents of health food labels; and</p> <p>(ii) Capable to follow relevant legal requirements for food label on ingredient combination and content and functions listed on products, maintain a correct attitude when analyzing the health food label information for customers or users in health food promotion activities, and help them choose suitable health foods according to their personal needs.</p>
8. Remarks	