

Assignment Assessment Form

iUCT29 – Healthy eating and well-being for the complementary therapy client

Instructions:

- Assessors must use this form to evaluate Learners' submitted evidence, which may be a combination of some or all of the types listed below. Please indicate with a ✓ which source of information was submitted and accepted, and indicate with an × evidence submitted but not accepted
- Learners may re-submit evidence for further evaluation at any stage of their course in order to achieve success
- When all evidence has been submitted and accepted Assessors must place a ✓ in the Assignment Completed box. This indicates a pass mark
- The form must be placed with the project evidence for ITEC external verification purposes

	Written Word	Chart	Spider Diagram	Graph	Other Pictorial Presentation	Date Accepted
Knowledge of basic nutrients and their sources						
How processing/environmental pollution affects the nutrient value of food						
Elements of a balanced diet and the importance of eating regularly						
The general effects of nutritional imbalances on health and well-being						
Metabolism, basal metabolic rate (BMR) and units of energy						
Food labelling regulations						
General healthy eating recommendations for the complementary therapy client						
Assignment Completed					Pass	

Learner name: _____

Learner signature: _____ Date: _____

Lecturer/Assessor name: _____

Lecturer/Assessor signature: _____ Date: _____

IQA name: _____

IQA signature: _____ Date: _____

EQA/Examiner External name: _____

EQA/Examiner External signature: _____ Date: _____
(if sampled)

Document History

Version	Issue Date	Changes	Role
v1	09/10/2019	First published	Qualifications and Regulation Co-ordinator