

Assignment Guidance Form

iUCT29 – Healthy eating and wellbeing for the complementary therapy client

Identify the constituents of a healthy eating programme for the complementary therapy client to include:

- 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 wellbeing
- Metabolism, basal metabolic rate and units of energy
- Food labelling regulations
- General healthy eating recommendations for the complementary therapy client

This assignment may be presented in any of the following formats and may include some ICT:

- Written report
- Chart
- Spider diagram
- Graph
- Other pictorial presentation

Document History

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