

ITEC Level 3 Diploma in Diet and Nutrition for Complementary Therapists

Unit 7 Diet and Nutrition for Complementary Therapists

Recommended guided learning hours – 100

Pre-requisite – Students must hold an ITEC Diploma in a Complementary Therapy or ITEC Diploma in Body Treatments or equivalent

QCA Qualification Accreditation Number: 100/2445/1

Learning outcome	Underpinning knowledge
Students will be able to	
1) Understand and explain the structure and function of the organs and accessory organs of the digestive system	To include: <ul style="list-style-type: none"> • Alimentary canal • Salivary glands • Tongue • Epiglottis • Oesophagus • Stomach • Small intestine (Jejunum, Ileum, Duodenum) • Appendix • Large intestine • Rectum • Anus ◆ Accessory organs • Liver • Gall bladder • Pancreas
2) Understand and explain the process of absorption	To include: <ul style="list-style-type: none"> • Process of absorption of nutrients by the villi and lacteals contained in the small intestine
3) Understand and explain the process by which food stuffs are broken down by the alimentary canal during the digestive process	To include: <ul style="list-style-type: none"> • Action of Rennin, hydrochloric acid and pepsin in the stomach • Action of pancreatic juice, i.e. trypsin, lipase, amylase on peptones, fats and polysaccharides • Action of bile on fat to include the action of intestinal juice – maltase, sucrase, lactase on disaccharides
4) Understand and explain the function and where in the digestive system you would find the following:	<ul style="list-style-type: none"> • Enzyme • Proteins • Peptones • Polypeptides • Amino acids • Carbohydrates • Disaccharides • Monosaccharides • Fats • Fatty acids
5) Understand and explain the causes of the following diseases and disorders of the Digestive system	To include: <ul style="list-style-type: none"> • Appendicitis • Cirrhosis of the liver • Jaundice • Heartburn • Irritable bowel syndrome (IBS) • Ulcer • Hernia • Stress • Anorexia Nervosa • Bulimia • Constipation • Gall stones
6) Understand and explain the interrelationship of the digestive system with other systems of the body	To include: <ul style="list-style-type: none"> • Circulatory • Endocrine • Lymphatic • Muscular • Nervous
7) Understand and explain the effect of outside factors on dietary requirements	To include: <ul style="list-style-type: none"> • Age • Body size • Gender • Occupation
8) Understand and explain the function of water in the diet and it's effects	<ul style="list-style-type: none"> • Hydration • Forms 95% of plasma • Bathes the tissues
9) Understand and explain the effects of dehydration on the body	To include: <ul style="list-style-type: none"> • Thirst • Headaches • Toxicity and the strain placed on other organs, e.g. skin and liver
10) Understand and explain the role of carbohydrates in the diet	To include: <ul style="list-style-type: none"> • Monosaccharides • Disaccharides • Starch • Non starch polysaccharides • Sources of carbohydrates • Simple and complex carbohydrates and their nutritional value • Medical conditions resulting from excessive intake of simple sugars ◆ Recommended daily intake for the following groups as a percentage of a healthy diet: <ul style="list-style-type: none"> • Babies • Children • Pregnancy • Elderly • Teenagers • Male/female sedentary • Active athletes • Convalescents • Menopause ◆ Describe the way in which carbohydrates may be lost in the following processes: <ul style="list-style-type: none"> • Processing • Cooking • Storage • Freezing • Re-heating
11) Understand and explain the role of fats/lipids in the diet	To include: <ul style="list-style-type: none"> • Function of fat in the diet • Properties of fat • Differences between saturated, unsaturated, monounsaturated, polyunsaturated fatty acids and essential fatty acids: gamma linolenic acid, omega 3 & 6, trans fats • Identify sources of fat • Recommended daily

	<p>allowances/intake • Process of hydrogenation chemical changes resulting from this process • Definition of free radicals and the damage caused by them • Methods of combating free radicals</p> <ul style="list-style-type: none"> • Good storage methods used to preserve stability of fats
12) Understand and explain the role of cholesterol in the diet	<p>To include:</p> <ul style="list-style-type: none"> • Definition of cholesterol/High density lipo protein/Low density lipo protein • Functions and sources of cholesterol • Awareness of lifestyle and factors which affect cholesterol • Dietary measures to reduce cholesterol • Suitable and unsuitable foods in planing a diet for a client with high cholesterol levels • Relationship between dietary levels of cholesterol and cholesterol levels in the blood • Implications of high cholesterol in heart disease
13) Understand and explain the role of protein in the diet	<p>To include:</p> <ul style="list-style-type: none"> • Structure and function of protein and amino acids • Differentiation between essential and non essential amino acids • Recognition of the importance of the quality of a protein • Differences between complete and incomplete proteins/high and low biological values of protein • Methods of combining foods to obtain complete proteins • Recommended daily allowances/intake • Effects of protein deficiency • Reasons for protein energy malnutrition (P.E.M.) and examples of conditions where it may be found • Awareness of the debate concerning over-consumption of animal protein and subsequent mineral loss ◆ Describe the ways in which proteins may be lost in the following processes: <ul style="list-style-type: none"> • Processing • Cooking • Storage • Freezing • Re-heating
14) Understand and explain the role of vitamins in the diet	<p>To include:</p> <ul style="list-style-type: none"> • Define vitamin/Oil soluble vitamins/Water soluble vitamins ◆ Details of function, sources, deficiencies, over intake (and dangers arising from it) for the following vitamins: <ul style="list-style-type: none"> • A • C • D • E • B1 • B2 • B3 (niacin) • B6 • B12 • Folic acid • K
15) Understand and explain the effects of antioxidants	<p>To include:</p> <ul style="list-style-type: none"> • Sources • Functions
16) Understand and explain the role of minerals in the diet	<p>To include:</p> <ul style="list-style-type: none"> • Definition of mineral/Macro mineral/Micro mineral • Details of sources, functions and signs of deficiencies ◆ Describe any dangers arising from deficiency of the following minerals: <ul style="list-style-type: none"> Macro minerals <ul style="list-style-type: none"> • Calcium • Magnesium • Phosphorus • Sodium • Potassium • Iron Micro Minerals <ul style="list-style-type: none"> • Chromium • Zinc • Copper • Selenium • Sulphur • Manganese • Iodine ◆ Describe the way in which minerals may be lost in the following processes: <ul style="list-style-type: none"> • Processing • Cooking • Storage • Freezing • Blanching • Re-heating
17) Understand and explain the dietary/nutritional value of certain foods	<p>To include:</p> <ul style="list-style-type: none"> • Eggs • Fish • Fruit and juices • Grains and legumes • Meat and meat products • Nuts • Seeds • Sugars • Vegetables • Juices • Milk and milk products • Describe the nutritional value of the above • Describe the advantages and disadvantages in the diet of the above • Describe the best storage methods of the above ◆ Show awareness of current debates on: <ul style="list-style-type: none"> • Red meat in the diet and its effects on cancer • Number of eggs to be eaten each week and the effect on cholesterol levels • Daily intake of milk or use of other sources of calcium in order to prevent osteoporosis

18) Understand and explain the systems of processing	To include: <ul style="list-style-type: none"> • Additives • Preservatives • Commercial antioxidants • Sequestrant • Flavour enhancer • Thickener • Emulsifiers • Colourings • Awareness of health problems associated with processing • Awareness of nutrients lost through processing
19) Understand and explain the role of refined and unrefined foods	To include: <ul style="list-style-type: none"> • Definition of refined food • Identity of refined foods and methods of refining ◆ Describe changes in: <ul style="list-style-type: none"> • Colour • Texture • Taste • Nutritional value • Vitamin and mineral losses incurred in refining • Describe medical conditions arising from intake of refined foods • Describe the additional vitamins and minerals needed to be taken to compensate for intake of refined foods
20) Understand and explain the role of common anti-nutrients	To include: <ul style="list-style-type: none"> • Definition of the term anti-nutrient ◆ Description of the anti-nutrient effects of: <ul style="list-style-type: none"> • Tea • Coffee • Alcohol • Carbonated soft drinks • Tranquillisers • Antibiotics • Stress • Smoking • Medication • The Pill • Describe the effect of anti nutrients on vitamin and mineral absorption • Identify the systems of the body which are affected by anti nutrient intake • Describe mental and physical problems associated with prolonged intakes of anti nutrients
21) Understand and explain the role of Environmental pollutants	◆ Describe the effects of the following pollutants: <ul style="list-style-type: none"> • Pesticides • Car fumes • Describe other sources of pollutants and their effects on the body, mentally and physically in particular, from prolonged contact illness • Identify groups of people vulnerable to pollutants
22) Understand and explain some of the problems that may be experienced in the digestion of gluten and the various disorders which may be associated with it	To include: <ul style="list-style-type: none"> • Possible side effects of Coeliac Disease • Candida • Eczema
23) Understand and explain some the problems that may be associated with dairy intolerance	To include: <ul style="list-style-type: none"> • Side effects • Maintaining a balanced diet without the intake of dairy produce and alternative sources of nutrients
24) Understand and explain the growing level of nut intolerance	To include: <ul style="list-style-type: none"> • Possible reasons • Effects • Alternative sources of nutrients
25) Understand and explain the possible side effects of additives	To include: <ul style="list-style-type: none"> • Attention Deficit Disorder – commonly diagnosed in children
26) Understand and explain the condition of obesity	To include: <ul style="list-style-type: none"> • Definition • Contributing causes of obesity • Define basal metabolic rate, factors affecting metabolism, vitamins and minerals needed for an efficient metabolism • Adverse effects of obesity i.e. medical conditions in which obesity is implicated • Describe healthy dietary strategies for reducing energy input • Describe healthy dietary strategies for increasing energy output
27) Understand and explain the conditions of Anorexia Nervosa and Bulimia Nervosa	To include: <ul style="list-style-type: none"> • Definitions of the two conditions • Symptoms, physiological and psychological causes of the 2 conditions • Describe the effect of lack of nutrition on the body, particularly vitamins and minerals • Outline of methods of treatment including vitamin and mineral supplementation
28) Understand and explain the condition of Hypoglycaemia	To include: <ul style="list-style-type: none"> • Definition of hypoglycaemia • Identifying the physical action when insulin is triggered • Recognising the symptoms and causes • Description of the term 'glycaemic index' • Identifying foods able to maintain blood sugar levels • Identifying foods bad for blood sugar levels • Identifying strategies for coping with hypoglycaemia

<p>29) Understand and explain the condition of Diabetes</p>	<p>To include:</p> <ul style="list-style-type: none"> • Definition of the condition Diabetes • Describe the differences between Diabetes 1 and Diabetes 2 (Maturity Onset Diabetes) • Describe the symptoms and causes of the 2 types of diabetes • Describe suitable and unsuitable foods and dietary methods for dealing with diabetes • Describe the importance of control and management of diet for a diabetic • Describe the importance of weight loss to reduce insulin resistance • Describe the importance of regular and even food intake at consistent levels
<p>30) Understand the importance of the ‘timing of meals’</p>	<p>To include:</p> <ul style="list-style-type: none"> • Importance of eating breakfast • Importance of lunch breaks and generally eating regularly
<p>31) Understand and explain ‘common ailments’ related to nutritional imbalance</p>	<p>To include ways in which diet may help the following:</p> <ul style="list-style-type: none"> • Common cold • Influenza • Cystitis • Constipation • Candida • Coeliac Disease • Water retention • Arthritis • PMT • Sinusitis • Migraine • Asthma • IBS • Stress • Diarrhoea • Crohn’s disease • Eczema • Psoriasis • Ulcerative colitis
<p>32) Understand and explain guidelines for eating</p>	<ul style="list-style-type: none"> • Guidelines for healthy eating and preparation for a well balanced diet • Best methods of preparation/ Storage/Cooking of foods • Best sources of foods • Benefits of using fresh foods • Benefits of using organic foods • Nutritional values in foods • Effects of chemical and pesticides • Importance of checking nutritional information on labels particularly to identify – additives, flavourings and colourings • Methods employed by shopkeepers to prolong the life of food • Nutritional losses incurred in storage • Awareness of current debates on genetic engineering and other methods of food adulteration • Awareness of possible medical conditions arising from use of plastics and other food containers and utensils
<p>33) Understand and explain the dietary requirements for the following</p>	<p>To include:</p> <ul style="list-style-type: none"> • Vegetarian • Vegan • Lacto vegetarian

ITEC Unit 7 Diet and Nutrition for Complementary Therapists Case Studies

5 clients to be consulted and evidence recorded

To include:

- Consultation including medical history, general lifestyle, current diet
- Client profile (to include any current issues)
- Full diet plan taking into account the client's current lifestyle with a rationale for the plan
- Feedback on how the client felt before and after 2 weeks of the new diet
- Reflective practice*

*NB: Candidates should reflect on their own performance and the performance outcomes of the treatment