

BHAB310 Diet and Nutrition

ECTS Value: 2 ECTS
Self-Study Hours: 24

Contact Hours: 10
Assessment Hours: 16

Module Description

This unit enables learners to enhance their knowledge and understanding of diet and nutritional needs relating to complimentary therapists, mainly balanced diets and adverse effects of smoking, alcohol and excessive caffeine intake to the well-being. Learners should identify the role and relevance of nutrition to beauty therapy. Learners will research and investigate the main food group and will demonstrate understanding of absorption and digestion of nutrients. This knowledge will enable students to advise clients in making healthy dietary and nutritional choices.

Overall Objectives and Outcomes

By the end of this module, the learner will be able to:

Competences

- a) Develop comprehensive knowledge of the subject of nutrition and its link to the well-being and healthy body;
- b) Develop a comprehensive understanding of the nutritional value of nutrients in a balanced diet;
- c) Perform consultation to assess dietary regime and lifestyle of client;
- d) Provide dietary advice for clients for improving health and lifestyle;
- e) Explain how food is digested;
- f) Explain how nutrients are absorbed by the body;
- g) Obtain lifestyle information during consultation with client;
- h) Give dietary and lifestyle advice;
- i) Research main food groups in relation to a healthy diet.
- j) Create resources to support students' understanding of proper diet and nutrition.

Knowledge

- a) Describe how the human body digests food and absorbs nutrients
- b) Explain the nutritional value of the main food groups.
- c) Communicate what a balanced diet should consist of
- d) Explain how a healthy diet effects day to day functioning

- e) Describe the relation of anti-nutrients and pollution e.g. smoking, alcohol consumption, intake of caffeine, medication, car fumes, pesticides and dietary choices to health and well-being.
- f) Develop knowledge of the main eating disorders and their effects on the body.
- g) Identify a range of tools and sources to create appealing classroom resources.

Skills

- a) Explain how the main food groups are digested and how the nutrients are absorbed by the body
- b) Demonstrate how to conduct a confidential and thorough consultation
- c) Instruct others on how to upgrade record cards with confidential information
- d) Demonstrate how an imbalanced diet could affect the body
- e) Impart aftercare advice with regards to a balanced diet and a healthy lifestyle
- f) Evaluate the effectiveness of resources in supporting students' understanding of nutrition and diet.

Mode of Delivery

This module adopts a blended approach to teaching and learning. Information related to the structure and delivery of the module may be accessed through the IfE Portal. For further details, kindly refer to the Teaching, Learning and Assessment Policy and Procedures found on the Institute for Education's website.

Assessment Methods

This module will be assessed through: Forum/Practical Tasks and Theoretical Assignment.

Suggested Readings

1. Roth, R (2010) Nutrition and Diet Therapy. UK: Cengage Learning
2. Pinna, K., Rady Rolfes, R., and Whitney, E. (2020). Understanding Normal and Clinical Nutrition. US: Cengage Learning.
3. Preedy, V, R (2012) Handbook of Diet, Nutrition and the Skin. Issue 2 of Human Health Handbooks. Switzerland: Springer Publications International.
4. Pappas, A., Liakou, A. & Zouboulis, C.C. (2016). Nutrition and skin. *Rev Endocr Metab Disord* 17, pp. 443–448. <https://doi-org.ezproxy.is.ed.ac.uk/10.1007/s11154-016-9374-z>

Supplementary Reading List

1. Johnson, L.T., Ralston, P.A. (2016). Beauty Salon Health Intervention Increases Fruit and Vegetable Consumption in African-American Women. *Journal of the American Dietetic Association*, 110(6), pp. 941-945.
2. Pappas, A. (2011). *Nutrition and Skin: Lessons for anti-aging, beauty and healthy skin*. US: Springer Verlag Inc.
3. Pappas, A.M (1998) *Antioxidant Status, Diet, Nutrition and Health*. UK: Taylor and Francis.

Suggested Websites

1. Healthy Eating Tips: http://www.helpguide.org/life/healthy_eating_diet.htm
2. Nutrition: <http://www.nutrition.gov/>