



**Australian Government**

**Assessment Requirements for  
SHBXCCS006 Promote healthy nutritional  
options in a beauty therapy context**

**Release: 1**

# Assessment Requirements for SHBXCCS006 Promote healthy nutritional options in a beauty therapy context

## Modification History

No equivalent unit.

## Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- assess and evaluate nutritional requirements of three clients with different life stages and nutritional needs
- for each of the above clients, provide basic nutritional advice based on nutrition principles to support beauty treatments that includes:
  - effect of various foods on health and appearance
  - healthy nutritional options
  - complementary products
  - sources of advice
- for each of the above clients develop or update a client treatment plan taking into account nutritional factors that impact on treatment outcomes
- refer clients to relevant other professionals where indicated and document required information.

## Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- basic knowledge of body systems
- basic knowledge of nutrition principles
- role and function in the human body of the 13 essential vitamins
- nutrition and its role in contributing to overall personal health and appearance
- nutritional composition of a range of commonly available foods
- federal, state or territory legislation and local health and hygiene regulations relevant to food and nutrition
- workplace policies and procedures in regard to beauty therapy treatments
- nutrition in regard to beauty therapy treatment procedures:
  - relevant principles of nutrition
  - role of food, nutrients and other food substances
- main organs and functions of digestive and excretory system
- functions of digestive system:
  - mechanical and chemical digestive process

- common disorders of digestive system
- role and function of nutrients:
  - proteins
  - carbohydrates
  - fats (lipids)
  - vitamins
  - minerals
  - water
  - dietary fibre
  - cholesterol
- nutritional needs and health problems across the lifespan:
  - prenatal
  - infancy
  - childhood
  - adolescence
  - adulthood
  - menopause
  - late adulthood
- nutrient and energy requirements of different population groups:
  - healthy food and nutrition guidelines for Australians
  - guidelines for specific nutrients
  - recommended dietary intakes
  - Healthy Eating Pyramid
  - role of nutrients in managing ideal weight
- common diet-related health problems:
  - obesity and heart disease
  - weight management
  - eating disorders
  - food allergies
- healthy nutritional options:
  - general or specific advice to client
  - referral to external source of support and advice
- role of beauty therapists in providing nutritional advice to clients:
  - responsibilities
  - limitations
- internal and external sources of support and referral relevant to nutrition:
  - medical practitioner
  - complementary therapist
  - nutritionist
  - dietitian

- relevant government bodies
- circumstances in which referral to a health or other professional is appropriate:
  - signs of serious health conditions.

## Assessment Conditions

Skills must be demonstrated in a personal services environment; this can be:

- an industry workplace or
- a simulated workplace set up for the purpose of skills assessment, that provides services to paying members of the public.

Assessment must ensure access to:

- paying clients, both new and regular, with different client service requirements, who have the expectation that the services provided reflect those of a commercial business
- sources of information on nutrition and healthy nutritional options.

Assessment activities that allow the individual to:

- demonstrate competency in an environment reflective of real work situations
- manage tasks and contingencies in the context of the job role.

Assessors must satisfy the Standards for Registered Training Organisations' requirements for assessors.

## Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=255d312b-db07-48f2-b6d6-1b0b06c42898>