

<b>Title</b>	<b>Demonstrate knowledge of the digestive system, and nutrition for facial therapy and body therapy beauty services</b>		
<b>Level</b>	<b>5</b>	<b>Credits</b>	<b>5</b>

<b>Purpose</b>	People credited with this unit standard are able to demonstrate: knowledge of the digestive system's anatomy and physiology; knowledge of nutritional advice relevant to facial therapy and body therapy beauty services; and an understanding of dermo-nutrition.
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<b>Classification</b>	Beauty Services > Beauty Therapy
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 Evidence generated during assessment against this unit standard must be consistent with industry practice and the currently accepted body of knowledge relating to conditions and beauty therapy. Such knowledge is available in reference texts, models, and other information-bearing media. No one textbook or other source of information is envisaged, as new approaches to the study of nutrition and beauty therapy are published regularly.
- 2 Evidence generated during assessment against this unit standard must be consistent with the current edition of The New Zealand Association of Registered Beauty Therapists, *Code of Ethics for Members of The New Zealand Association of Registered Beauty Therapists Inc.* (Auckland, NZ), and The New Zealand Association of Registered Beauty Therapists, *Health and Hygiene Guidelines* (Auckland, NZ), both available from <http://www.beautynz.org.nz>.

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### Outcomes and performance criteria

#### Outcome 1

Demonstrate knowledge of the digestive system's anatomy and physiology.

#### Performance criteria

- 1.1 Identify and describe the anatomy of the digestive system.

Range mouth, oesophagus, stomach, small intestine, large intestine, rectum, anus, salivary glands, pancreas, gall bladder, liver.

1.2 Identify and describe the role of the elimination within the digestive system.

Range kidney, liver, lungs, skin.

## Outcome 2

Demonstrate knowledge of nutritional advice relevant to facial therapy and body therapy beauty services.

### Performance criteria

2.1 Identify and describe nutritional advice that supports skin health.

Range acne, eczema, cellulite, dry skin.

2.2 Identify and describe nutrients that support physical energy.

Range glycaemic index, increased energy, reduced energy.

2.3 Identify and describe nutritional advice that supports weight management.

Range reduce weight, increase weight.

2.4 Explain the scope and boundaries on the use of nutritional advice for facial therapy and body therapy beauty services.

## Outcome 3

Demonstrate an understanding of dermo-nutrition.

### Performance criteria

3.1 Describe the science of dermo-nutrition and its link to beauty therapy services.

3.2 Describe the effects that specific micro-nutrients have on the skin.

Range vitamins A, B, C; minerals zinc and omega 3 and 6.

3.3 Identify and describe key foods to recommend to improve specific skin conditions.

Range may include but is not limited to – acne (vulgaris and rosacea), comedogenic, eczema, dermatitis, allergenic.

3.4 Describe the scope of supplement recommendation within beauty services.

3.5 Describe responses to the identification of conditions that require a referral when providing nutritional recommendations as part of beauty therapy services.

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<b>Planned review date</b>	31 December 2023
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	31 May 2018	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0035
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**Comments on this unit standard**

Please contact the NZ Hairdressing Industry Training Organisation Inc  
[support@hito.org.nz](mailto:support@hito.org.nz) if you wish to suggest changes to the content of this unit standard.