Title	**Demonstrate knowledge of micro and macro nutrients and nutritional imbalances**		
Level	**3**	**Credits**	**5**

Purpose	People credited with this unit standard are able to: identify and explain nutritional recommendations for health regarding the intake of macro and micro nutrients and common food sources of these nutrients; and explain the cause and effect of nutritional imbalances.

Classification	Exercise > Human Anatomy, Physiology and Nutrition

Available grade	Achieved

Guidance Information

All learning and assessment within this unit standard must be carried out in accordance with the following, as relevant to their role:

- relevant legislation including Health and Safety at Work Act 2015, Privacy Act 1993 and any subsequent amendments;
- guidelines and codes of practice applicable to this standard include the Code of Ethical Practice endorsed by Exercise New Zealand;
- organisational policies and procedures including Emergency Action Plans (EAPs) and Standard Operating Procedures (SOPs).

Outcomes and performance criteria

Outcome 1

Identify and explain nutritional recommendations for health regarding the intake of macro and micro nutrients and common food sources of these nutrients.

Performance criteria

1.1 Define macro and micro nutrients, and explain the basic functions of selected nutrients in the body in relation to health.

Range fat, fibre, carbohydrate, protein, alcohol, vitamin A, vitamin C, vitamin D, vitamin E, vitamin B complex, iron, calcium, sodium, potassium, zinc, magnesium.

1.2 Explain general nutritional guidelines for good health.

Range body weight in relation to food and fluid intake; intake of fluid, alcohol, cholesterol, sodium, fibre, fat, carbohydrate, protein; relative intake of fat, carbohydrate, and protein; relative intake of polyunsaturated fats, monounsaturated fats, and saturated fat; relative intake of complex and simple carbohydrates; recommended daily number of servings.

1.3 Identify common food sources of selected nutrients.

Range fat, fibre, carbohydrate, protein, alcohol, vitamin A, vitamin C, vitamin D, vitamin E, vitamin B complex, iron, calcium, sodium, potassium, zinc, magnesium.

1.4 Apply general nutritional guidelines in making decisions to meet the nutritional needs of an individual.

Range includes two individuals with different profiles.

1.5 Describe how the nutritional needs of individuals undertaking exercise differ from individuals with a sedentary lifestyle.

Outcome 2

Explain the cause and effect of nutritional imbalances.

Performance criteria

2.1 Explain the effects of nutritional imbalances in relation to good health.

Range low carbohydrate intake, low fibre intake, high fat intake, toxicity, low calcium intake, low iron intake, high alcohol intake, high salt intake, inadequate vitamin intake, high vitamin intake, high protein intake, inadequate protein intake.

2.2 Describe potential causes of nutritional imbalances.

Range causes of nutritional imbalances – culture, peer pressure, lifestyle, availability of food, diet fads, nutrition knowledge, physical disabilities, income, food storage and preparation, exercise.

This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	17 May 1996	31 December 2012
Revision	2	19 February 1998	31 December 2012
Review	3	12 February 2001	31 December 2012
Rollover and Revision	4	16 April 2010	31 December 2012
Rollover and Revision	5	20 May 2011	31 December 2020
Review	6	25 January 2018	31 December 2026
Review	7	29 August 2024	31 December 2026

Consent and Moderation Requirements (CMR) reference	0099

This CMR can be accessed at http://www.nzqa.govt.nz/framework/search/index.do.