Nationally recommended practice for providing nutritional advice

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**Unit:** Applying the principles of nutrition to a physical activity programme
Learning outcomes & assessment criteria

Learning outcome: The learner will:

LO3: Understand nationally recommended practice in relation to providing nutritional advice.

Assessment criteria: The learner can:

3.1 Explain professional role boundaries with regard to offering nutritional advice to clients.
3.2 Explain the importance of communicating health risks associated with weight loss fads and popular diets to clients.
3.3 Evaluate the potential health and performance implications of severe energy restriction, weight loss and weight gain.
3.4 Identify clients at risk of nutritional deficiencies.
3.5 Explain how cultural and religious dietary practices can influence nutritional advice.
3.6 Describe safety, effectiveness and contraindications relating to protein and vitamin supplementation.
3.7 Explain why detailed or complex dietary analysis that incorporates major dietary change should always be referred to a registered dietitian.
Fad weight loss diets

TASK

What are the potential risks of fad weight loss diets?

Note down your ideas and record in your portfolio
Eating for performance

**TASK**

1. What are the potential health and performance implications of severe energy restriction?

2. What are the potential health and performance implications of weight loss?

3. What are the potential health and performance implications of weight gain?

Record your answers in your portfolio
Nutritional deficiency

• Supplement marketers would have us believe that just about everyone is at imminent risk of a health damaging nutritional deficiency.

• In reality, most healthy adults can meet their daily nutrient requirements with a balanced diet consisting of whole foods.

• Certain population groups do have higher nutritional requirements and are at increased risk of deficiency.
Additional nutrient requirements

TASK

At what stages of life may nutritional requirements increase and nutritional supplements become beneficial?

What lifestyle factors could increase the risk of nutrient deficiency or increase requirements?

Note down your answers
Religious and cultural requirements

TASK

Research as many different religious festivals and eating restrictions that you can find.

How might these affect the nutritional advice you would provide to a person of a particular religion or culture?
Nutritional supplements

REFLECTION

Are you using or have you used any supplements?

Which ones?

What were the benefits that you purchased them for?

Did you experience any evidence of these benefits?
Learning review

LO1: Understand the principles of nutrition.

Assessment criteria: Can you now:

• Explain professional role boundaries with regard to offering nutritional advice to clients?
• Explain the importance of communicating health risks associated with weight loss fads and popular diets to clients?
• Evaluate the potential health and performance implications of severe energy restriction, weight loss and weight gain?
• Identify clients at risk of nutritional deficiencies?
• Explain how cultural and religious dietary practices can influence nutritional advice?
• Describe safety, effectiveness and contraindications relating to protein and vitamin supplementation?
• Explain why detailed or complex dietary analysis that incorporates major dietary change should always be referred to a registered dietitian?