

**091506T4NUT**

**NUTRITION AND DIETETICS LEVEL 6**

**MED/OS/NUD/CR/03/6**

**Apply Principles of Human Nutrition**

**July/Aug 2025**



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION  
COUNCIL (TVET CDACC)**

**PRACTICAL ASSESSMENT**

**INSTRUCTIONS TO ASSESSOR**

1. Assess the candidate as the practical progresses observing the critical areas
2. You are required to mark the practical as the candidate perform the tasks
3. You are required to take video clips at critical points
4. Ensure the candidate has a name tag and registration code at the back and front

## OBSERVATION CHECKLIST

|                                                                                                                                                                                                                                                                                                                      |                        |                       |                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|-----------------------|-----------------|
| <b>Candidate's Name &amp; Registration Code</b>                                                                                                                                                                                                                                                                      |                        |                       |                 |
| <b>Assessors Name &amp; Registration Code</b>                                                                                                                                                                                                                                                                        |                        |                       |                 |
| <b>Venue of Assessment</b>                                                                                                                                                                                                                                                                                           |                        |                       |                 |
| <b>Date of Assessment</b>                                                                                                                                                                                                                                                                                            |                        |                       |                 |
| <b>Items to be Evaluated:</b> <i>Please award marks as appropriate. Give a brief comment on your observation.</i>                                                                                                                                                                                                    | <b>Marks Available</b> | <b>Marks Obtained</b> | <b>Comments</b> |
| 1. Donned personal protective equipment. <ul style="list-style-type: none"> <li>• Lab coat</li> <li>• Closed shoes</li> </ul> <i>(Award 1 mark each)</i>                                                                                                                                                             | <b>02</b>              |                       |                 |
| 2. Assembled all the required resources for the tasks.<br><i>(Award 2 marks)</i>                                                                                                                                                                                                                                     | <b>02</b>              |                       |                 |
| 3. Created rapport <ul style="list-style-type: none"> <li>• Greeted the client</li> <li>• Provided a clear self-introduction.</li> <li>• Stated purpose of the appointment.</li> </ul> <i>(Award 1 mark for each)</i>                                                                                                | <b>03</b>              |                       |                 |
| <b>TASK 1: INTERPRET PREVIOUS BIOCHEMICAL DATA USING INFORMATION PROVIDED.</b>                                                                                                                                                                                                                                       |                        |                       |                 |
| 4. Interpreted the biochemical data as per SOPs <ul style="list-style-type: none"> <li>• Slightly high triglycerides of 170Mmol/L: Client is at risk of cardiovascular diseases</li> <li>• Slightly elevated blood sugar levels of 7mmol/L: client is at risk of diabetes</li> </ul> <i>(Award 2 marks for each)</i> | <b>04</b>              |                       |                 |

|                                                                                                                                                                                                                                                                                                                             |           |  |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|--|--|
| <b>Sub-Total 1:</b>                                                                                                                                                                                                                                                                                                         | <b>11</b> |  |  |
| <b>TASK 2: CONDUCT CLINICAL ASSESSMENT FOR BLOOD PRESSURE AND EDEMA.</b>                                                                                                                                                                                                                                                    |           |  |  |
| 5. Carried out clinical assessment: <ul style="list-style-type: none"> <li>Took the blood pressure of the client correctly (<i>refer to appendix 1</i>)</li> </ul> <i>(Award marks as per appendix1)</i>                                                                                                                    | <b>07</b> |  |  |
| 6. Assessed for edema <ul style="list-style-type: none"> <li>Assessed edema of the patient (<i>refer to appendix 2</i>)</li> </ul> <i>(Award marks as per appendix 2)</i>                                                                                                                                                   | <b>05</b> |  |  |
| <b>Sub-Total 2:</b>                                                                                                                                                                                                                                                                                                         | <b>12</b> |  |  |
| <b>TASK 3: CONDUCT DIETARY ASSESSMENT USING FOOD FREQUENCY QUESTIONNAIRE PROVIDED.</b>                                                                                                                                                                                                                                      |           |  |  |
| 7. Administered the food frequency questionnaire correctly. <ul style="list-style-type: none"> <li>Probed on all the food groups prov</li> <li>Clearly indicated the frequency of consumption</li> <li>Allowed inclusion of other foods not on the questionnaire and noted down.</li> </ul> <i>(Award 2 marks for each)</i> | <b>06</b> |  |  |
| <b>Sub –Total 3:</b>                                                                                                                                                                                                                                                                                                        | <b>06</b> |  |  |
| <b>TASK 4: PROVIDE NUTRITION COUNSELING ON HEALTHY EATING HABITS FOR THE PATIENT USING A FOOD PYRAMID GUIDE.</b>                                                                                                                                                                                                            |           |  |  |
| 8. Described the sections of the food pyramid guide <ul style="list-style-type: none"> <li>Clearly explained the sections of the tool to the client</li> </ul> <i>(Award 2 marks or 0 if not done)</i>                                                                                                                      | <b>02</b> |  |  |

|                                                                                                                                                                                                                                                                                                                                                                         |           |  |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|--|--|
| 9. Informed the client on health eating using the food pyramid guide. <ul style="list-style-type: none"> <li>• Fats, oils and sugars</li> <li>• Milk and milk alternatives</li> <li>• Meat, fish and alternatives</li> <li>• Vegetables and fruits</li> <li>• Grains</li> </ul> <i>(Award 2 marks for each)</i>                                                         | <b>10</b> |  |  |
| 10. Assessed the following counselling skills: <ul style="list-style-type: none"> <li>• Demonstrated good mastery of content</li> <li>• Used good communication skills</li> <li>• Probed for questions and concerns from the client</li> <li>• Provided appropriate solutions to clients' concerns</li> <li>• Time management</li> </ul> <i>(Award 1 mark for each)</i> | <b>05</b> |  |  |
| <b>Sub –Total 4:</b>                                                                                                                                                                                                                                                                                                                                                    | <b>17</b> |  |  |
| <b>TASK 5: DOCUMENT IN THE CLIENT VISIT FORM PROVIDED</b>                                                                                                                                                                                                                                                                                                               |           |  |  |
| 11. Dully filled the client form.<br><i>(Award 2 marks)</i>                                                                                                                                                                                                                                                                                                             | <b>02</b> |  |  |
| <b>Sub –Total 5:</b>                                                                                                                                                                                                                                                                                                                                                    | <b>02</b> |  |  |
| <b>PRODUCT CHECKLIST</b>                                                                                                                                                                                                                                                                                                                                                |           |  |  |
| Food frequency questionnaire: <ul style="list-style-type: none"> <li>• Neatness</li> </ul> Client visit form; <ul style="list-style-type: none"> <li>• Accurate information</li> <li>• Completeness</li> <li>• Neatness</li> </ul>                                                                                                                                      | <b>04</b> |  |  |

|                                                                                                                                                                                                                                                                                    |           |              |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|--------------|--|
| <i>Award 1 mark each)</i>                                                                                                                                                                                                                                                          |           |              |  |
| <b>Sub-Total 6:</b>                                                                                                                                                                                                                                                                | <b>04</b> |              |  |
| <b>GRAND TOTAL</b>                                                                                                                                                                                                                                                                 | <b>52</b> |              |  |
| <b>ASSESSMENT OUTCOME</b>                                                                                                                                                                                                                                                          |           |              |  |
| <p>The candidate was found to be:</p> <p style="text-align: center;">Competent <input type="checkbox"/> Not yet Competent <input type="checkbox"/></p> <p><i>(Please tick as appropriate)</i></p> <p><i>(The candidate is competent if the candidate obtains at least 50%)</i></p> |           |              |  |
| <b>Feedback from the Candidate:</b>                                                                                                                                                                                                                                                |           |              |  |
| <b>Feedback to the Candidate:</b>                                                                                                                                                                                                                                                  |           |              |  |
| <b>Candidate Signature</b>                                                                                                                                                                                                                                                         |           | <b>Date:</b> |  |
| _____                                                                                                                                                                                                                                                                              |           | _____        |  |
| <b>Assessor's Signature</b>                                                                                                                                                                                                                                                        |           | <b>Date</b>  |  |
| _____                                                                                                                                                                                                                                                                              |           | _____        |  |

## **APPENDIX 1: PROCEDURE FOR TAKING BLOOD PRESSURE**

- The client to sit quietly for 5 minutes before the measurement. Ensure they haven't smoked, had caffeine, or exercised within 30 minutes.
- Sit upright in a chair, feet flat on the floor, back supported. Arm should be supported at heart level, palm facing up.
- Place the cuff on bare upper arm, 1 inch above the elbow crease. Ensure its snug but not too tight. Use the correct cuff size.
- Place the diaphragm of the stethoscope inside of the elbow.
- Press the start button and the cuff will inflate automatically.
- The monitor will slowly deflate and display the systolic and diastolic readings, as well as the heart rate.
- Record the reading

*(Award 1 mark for each step)*

## **APPENDIX 2: PROCEDURE FOR ASSESSING EDEMA**

- Prepare the Patient: Ensure the patient is relaxed and in a comfortable position, preferably lying or sitting.
- Inspect the Body: Visually assess for signs of swelling in:
  - Feet and ankles
  - Sacral area (for bedridden patients)
  - Hands, lower legs, abdomen, or eyelids
- Look for shiny, stretched skin, redness, or asymmetry.
- Palpate for Pitting Edema: Use your thumb or index finger to press firmly but gently into soft tissue for about 5 seconds. Common palpation sites:
  - Over the shinbone (tibia)
  - Top of the foot (dorsum)
  - Behind the ankle (medial malleolus)
  - Hands or forearms
- Observe whether a pit remains after releasing the pressure.

*(Award 1 mark for each step)*

