

091506T4NUT

NUTRITION AND DIETETICS LEVEL 6

MED/OS/NUD/CR/03/6/A

Apply Principles of Human Nutrition

March/April 2025



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (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

Candidate's Name & Registration Code			
Assessors Name & Registration Code			
Venue of Assessment			
Date of Assessment			
Items to be Evaluated: <i>Please award marks as appropriate. Give a brief comment on your observation.</i>	Marks Available	Marks Obtained	Comments
1. Donned the appropriate attire for the counselling session • Closed shoes • Laboratory coat (Award 1 mark each)	2		
2. Prepared the counselling room accordingly • Used an appropriate sitting arrangement • Mounted the assorted nutritional education charts in a position easily visible to patient • Ensured adequate lighting and ventilation (Award 1 mark each)	3		
3. Prepared the client for the session • Greeted the patient • Welcomed the client to the session • States the objective of the session (Award 1 mark each)	3		
Sub-Total 1	8		
TASK 1: Carry Out Nutrition Assessment (Weight, Height and Dietary Assessment)			
4. Carried out Height measurement	5		

(Award marks as per appendix 1)			
5. Carried out weight measurement (Award marks as per appendix 2)	7		
6. Conducted dietary assessment using daily food record (Award marks as per appendix 3)	7		
Sub Total 2	19		
Task 2: Calculation of BMI and total daily energy requirements using the Harris-Benedict Equation			
7. Calculated the Body Mass Index (BMI) of the patient Used the height-reading of the client to calculate the client's BMI Utilized the following formula to calculate patient's BMI: $\text{BMI} = \frac{\text{Weight (in Kgs)}}{(\text{Height in metres})^2}$ Got the answer correct, according to the measurements used. (Award 1 mark for each)	3		
8. Calculated BMR using Harris Benedict Equation using provided data $\text{BMR} = 655.1 + (9.563 \times \text{weight in kg}) + (1.850 \times \text{height in cm}) - (4.676 \times \text{age in years})$ Got the answer correct, according to the values used. (Award 1 mark for each step)	5		
9. Classified the client's nutritional status (Award 1 mark for correct classification)	1		
Sub Total 3	9		

Task 3: Recommendation on ways of improving overall lifestyle to full recovery.			
10. Settled for the session • Sat squarely and had an open space between the client and himself/herself. • Leaned forward as a sign of listening • Maintained Eye contact • Audible just enough • Relaxed throughout the session (Award 1 mark each)	5		
11. Dietary Management of iron deficiency anemia and overall, well being • Encouraged consumption of foods rich in iron, folate, proteins and other nutrients. • Advised on foods rich in Vitamin B12, folate, Vitamin E and C. • Advised on reduction intake of beverages that contain tannin such as tea leaves, wheat brans • Advised on taking tea 30 minutes before or 30 minutes after meals • Advised on taking at least 8 glasses of water a day. • Counseled on regular exercise for at least for 30 minutes daily • Advised on regulation on sugar intake • Advised on proper stress management	10		

• Advised on weight management • Advised on taking unsaturated fats (Award 1 mark each)			
12. Adjourned the session • Summarized the session • Asked for any question from the patient and answered them appropriately • Thanked the client	3		
Sub-Total 4	18		
GRAND TOTAL	54		
ASSESSMENT OUTCOME			
The candidate was found to be: Competent <input style="width: 50px; height: 20px; border: 1px solid black;" type="checkbox"/> Not yet Competent <input style="width: 50px; height: 20px; border: 1px solid black;" type="checkbox"/> <i>(Please tick as appropriate)</i> <i>(The candidate is competent if the candidate is at least 50%)</i>			
Feedback from the Candidate:			
Feedback to the Candidate:			
Candidate Signature		Date:	
_____		_____	
Assessor's Signature		Date	
_____		_____	

Appendix 1

Steps in Measuring Height

1. Ask the patient to remove their shoes and/or headgear if any
2. Ask the patient to step on the base of the height board/stadiometer in such a way that client's back is in contact with the calibrated part of the height board/stadiometer
3. Ask the patient to stand upright, so that their eye-level is parallel to the floor, and the back of the head is in contact with the height board/stadiometer
4. Adjust the board/stadiometer's headpiece so that it just touches the top of the client's head
5. Record the height of the patient at the point the height board/stadiometer's head-piece touches the top of the head

(Award 1 mark for each correct step)

Appendix 2

Instructions on taking an adult's Weight

1. Before weighing the adult, ask them to take off their shoes and heavy clothing.
2. Zero the weighing scale (i.e. make sure the arrow is on 0)
3. Ensure that the weighing scale is at eye level.
4. Let the client step on the weighing scale.
5. Make sure the adult is not holding onto anything.
6. Read the client's weight. The arrow must be steady.
7. Record the weight in kg to the nearest 100g e.g. 66.6 kg

(Award 1 mark for each correct step)

Appendix 3

Daily food Record sample areas to be marked

1. Subject Code
2. Date
3. Weekday/Weekend
4. Time
5. Amounts
6. Descriptions
7. Notes

(Award 1 mark for each correct point)

©2025 TV

☐ Weekday or ☐ Weekend

Please list all food/beverages/water/medications/supplements. Estimate all food/drink amounts accurately.

[illegible]

Was this a typical day? If not, why? _____

Did you take all of your usual medications and supplements as prescribed? ☐ Yes ☐ No

BMR CALCULATION

- $BMR = 655.1 + (9.563 \times \text{weight in kg}) + (1.850 \times \text{height in cm}) - (4.676 \times \text{age in years})$
- $BMR = 655.1 + (9.563 \times 60) + (1.850 \times 170) - (4.676 \times 35)$
- $BMR = 655.1 + (9.563 \times 60) + (1.850 \times 170) - (4.676 \times 35)$
- $BMR = 655.1 + (9.563 \times 60) + (1.850 \times 170) - (4.676 \times 35)$
 $BMR = 655.1 + 574 + (1.850 \times 170) - (4.676 \times 35)$

$$BMR = 655.1 + 574 + 315 - 164$$

v. $BMR = 1380 \text{ kcal/day}$