

091506T4NUT

NUTRITION AND DIETETICS LEVEL 6

MED/OS/NUD/CR/07/6

Conduct Nutrition Education and Counselling

July/Aug 2025



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

PRACTICE ASSESSMENT

Time: 2 HOURS 30 MINUTES

INSTRUCTIONS TO CANDIDATE:

You are the nutritionist in charge of Jiinue health center. A recently conducted survey by the ministry of health indicated a high malnutrition rate among under-fives in Jiinue community.

Today being a clinic day, you've been tasked to conduct nutrition education on breastfeeding to three mothers with children aged between 0-1 years old.

1. You are required to perform the following tasks
 - a. Prepare a session plan for this activity using the template provided (Appendix1).
 - b. Educate the mothers on breastfeeding (Appendix 2 and 3). Cover the following aspects:
 - Benefits of breastfeeding to mother and baby
 - Positioning and attachment
 - Signs of good attachment

- Breastfeeding complications
2. You have been provided with the following resources for the practical tasks:
- White board/chalk board
 - White board marker/chalk
 - Board duster
 - Pointer
 - 1 Cello tape
 - 3 foolscaps
 - 3 preselected female adults

NB: 3 preselected female adults to represent the mothers

APPENDIX 1: SESSION PLAN**FACILITY NAME:****DATE:****VENUE:**

SESSION PLAN	
ACTIVITY	TIME ALLOCATION
Objectives:	
Introduction:	
Body:	

Conclusion:	

Appendix 2: Positioning and Attachment picture

a. Good attachment



b. Poor attachment



Appendix 3: Breastfeeding Complications picture

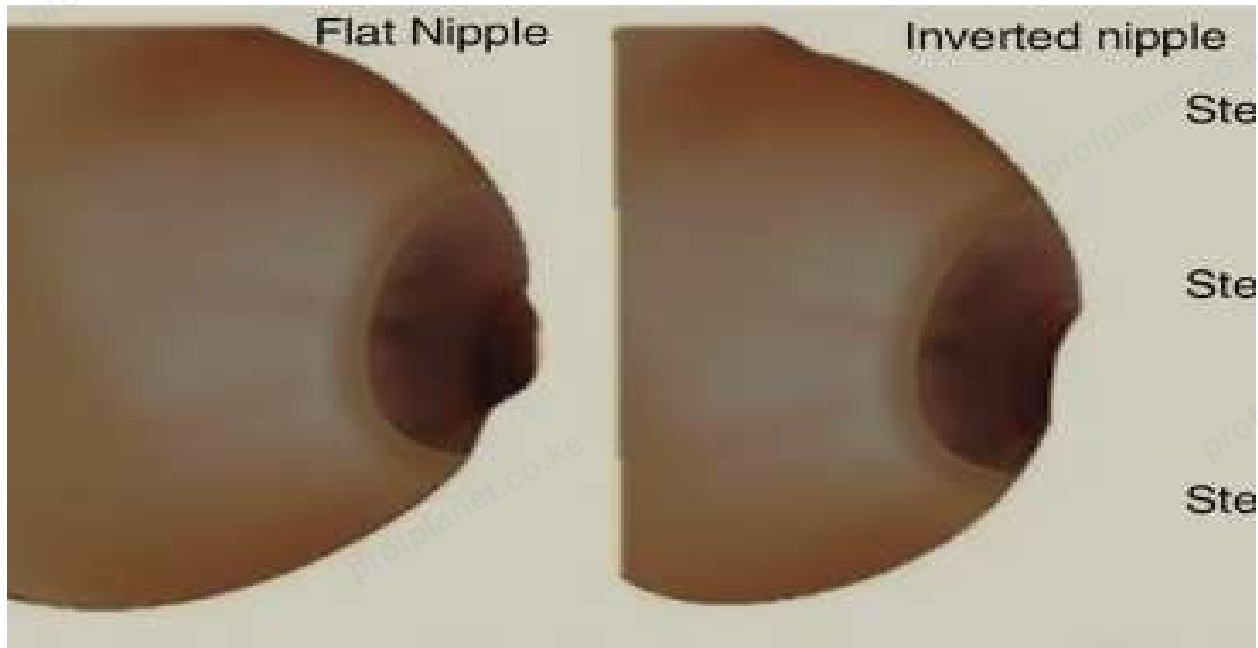


figure1: flat and inverted nipple 1



figure 2: engorged breast 1