

091505T4NUT

NUTRITION AND DIETETICS LEVEL 5

MED/OS/NUD/CR/02/5/A

Apply Principles of Human Nutrition

March/April 2025



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

PRACT

MENT

Time: 2 HOURS

INSTRUCTIONS TO CANDIDATE:

Miss Kay is a 25-year-old model who has been on anti-depressants for the past three months. Currently, Miss Kay weighs 49kg, 154cm tall and her hemoglobin level is 8g/dL. She presented to you for nutrition intervention.

1. You are required to perform the following tasks:
 - a. Conduct relevant clinical assessments on Miss Kay.
 - b. Calculate Miss Kay Body mass index and interpret.
 - c. Inform Miss Kay on the seven food groups using a food Pyramid.
 - d. Interpret the hemoglobin reading and advise Miss Kay accordingly.
2. You have been provided with the following resources for the practical tasks:
 - Fully functional skills lab
 - Assorted Food models (Carbohydrates, protein, Fruits/vegetables)

- Foolscape
- Pre-selected Female client
- Calculator
- Food pyramid model
- Timer

NB: The pre-selected client represents Miss Kay.