

091505T4NUT

NUTRITION AND DIETETICS LEVEL 5

MED/OS/NUD/CR/02/5

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

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 personal protective equipment. • Lab coat • Closed shoes <i>(Award 1 mark each)</i>	2		
2. Assembled all the required resources for the tasks. <i>(Award 2 marks)</i>	2		
3. Prepared the room. • Well Ventilated. • Arranged the counselling room. • Proper lighting. <i>(Award 1 mark for each)</i>	3		
4. Established rapport. • Offered a warm greeting to the client • Provided a clear self-introduction. • Stated purpose of the appointment. <i>(Award 1 mark for each)</i>	3		
Sub-Total 1	10		
TASK 1: Interpret the assessment data.			
5. Calculated and classified the body mass index. • Confirm accurate BMI calculation. <i>(Award marks as per appendix 1)</i>	4		

6. Interpreted the biochemical assessment correctly. • <i>Client is anaemic: Hb level of 9.5 g/dL.</i> • <i>Normal blood glucose- 4.5 g/dL</i> <i>(Award 2 marks for each)</i>	4		
7. Related the client's symptoms to nutritional status. • <i>Explained occasional dizziness and low energy as possible effects of inadequate dietary intake.</i> • <i>Linked symptoms to irregular eating patterns and skipped meals</i> • <i>Identified the likelihood of nutrient deficiencies (e.g., iron, energy, or overall calorie intake)</i> <i>(Award 1 mark for each)</i>	3		
Sub-	11		
TASK 2: Conduct dietary assessment using the food frequency questionnaire provided.			
8. Demonstrated understanding of the food frequency questionnaire. • <i>Clearly explained the tool to the client.</i> <i>(Award 2 marks)</i>	2		
9. Filled the questionnaire. • <i>Marked all the food groups</i> • <i>Indicated the frequency of the intake</i> • <i>Allowed inclusion of foods not present in the list.</i> • <i>Obtained information on total diet</i> <i>(Award 2 marks for each)</i>	8		
Sub-Total 3	10		

TASK 3: Counsel the client based on the assessments done.			
10. Emphasized on the importance of a balanced diet as follows: • <i>Encouraged consistent meal timing</i> • <i>Discussed importance of iron-rich foods</i> <i>Animal sources (better absorbed): beef, chicken, turkey, liver, eggs, sardines.</i> • <i>Plant sources: spinach, kale, beans, lentils, pumpkin seeds, fortified cereals.</i> • <i>Vitamin C for absorption of iron like oranges, mangoes and tomatoes.</i> • <i>Encouraged intake of fluids(hydration)</i> <i>(Award 2 marks for each)</i>	10		
11. Recommended the following ways for increasing energy and focus. • <i>Avoid skipping meals—especially breakfast.</i> • <i>Gave tips for affordable and nutritious food options</i> • <i>Consumption of healthy snacks.</i> • <i>Suggested to Rest enough</i> <i>(Award 2 marks for each)</i>	8		
12. Showed interpersonal skills. • <i>Explained findings in simple, client-friendly terms</i> • <i>Communicated clearly and confidently</i> • <i>Addressed client's concerns with respect</i> • <i>Demonstrated empathy</i> • <i>Maintained professionalism.</i> <i>(Award 2 marks for each)</i>	10		

Sub-Total 4	28		
TASK 4: Develop a one- day meal plan for the above client.			
13. Ensured nutritional adequacy in the meal plan. • <i>Included all major food groups (carbohydrates, proteins, fats, fruits, vegetables, dairy)</i> • <i>Met Sufficient energy and nutrient needs.</i> • <i>Indicated adequate iron and vitamin C for anemia management.</i> • <i>Included snacks to maintain energy and prevent fatigue</i> <i>(Award 1 marks for each)</i>	4		
14. Demonstrated feasibility and affordabil • <i>Used accessible and locally availa foods.</i> • <i>Highlighted easy to prepare meals.</i> • <i>Considered the student's budget.</i> <i>(Award 1 marks for each)</i>	3		
15. Presented meal plan. • <i>Separated the days and meals clearly.</i> • <i>Listed breakfast, lunch, dinner and snacks.</i> • <i>Organized in a well-read format.</i> • <i>Neatly written.</i> <i>(Award 1 marks for each)</i>	4		
Sub-Total 5	11		
GRAND TOTAL	70		

ASSESSMENT OUTCOME	
The candidate was found to be: Competent ☐ Not yet Competent ☐ <i>(Please tick as appropriate)</i> <i>(The candidate is competent if the candidate obtains at least 50%)</i>	
Feedback from the Candidate:	
Feedback to the Candidate:	
Candidate Signature _____	Date: _____
Assessor's Signature _____	Date _____

APPENDICES

APPENDIX I

BMI CALCULATION AND INTERPRETATION.

Step 1: Convert height from cm to meters (Award 1 mark):

- $175 \text{ cm} \div 100 = 1.75 \text{ meters}$

Step 2: Square the height in meters (Award 1 mark):

- $(1.75)^2 = 3.06 \text{ m}^2$

Step 3: Apply the BMI formula (Award 1 mark):

- $\text{BMI} = \text{Weight (kg)} \div \text{Height}^2 (\text{m}^2)$
- $\text{BMI} = 62 \div 3.06 = 20.26$

Step 4: Interpret the BMI result (Award 1 mark):

- $\text{BMI} = 20.26$
- **Interpretation: Normal weight (According to WHO classification: 18.5–24.9)**

APPENDIX II

7 DAY FOOD FREQUENCY QUESTIONNAIRE

	FREQUENCY OF CONSUMPTION IN THE LAST ONE WEEK-Tick where appropriate (√)								
	Once	Twice	Thrice	Four times	Five times	Six times	Daily	Never	Source
CEREALS/CARBOHYDRATES/ STARCH									
Ugali									
(Uji) Fermented porridge									
Uji (Unfermented porridge)									
Rice									
Githeri									
White Bread									
Whole meal bread									
Roasted maize									
Roasted Maize									
Boiled Maize									
WHITE ROOTS AND TUBERS									
Cassava									
Irish potatoes									
Yams									
Arrow Roots									
VITAMIN A RICH VEGETABLES AND TUBERS									
Sweet potatoes									
Carrots									
Pumpkins									
DARK GREEN LEAFY VEGETABLES									

Spinach									
Kales									
Cowpea leaves (kunde)									
Pumpkin leaves									
Black night shade (Kitulu)									
OTHER VEGETABLES									
Cabbage									
Tomatoes									
VITAMIN A RICH FRUITS									
Paw paws									
Mangoes									
Watermelons									
OTHER FRUITS									
Bananas									
Pineapples									
Avocadoes									
Citrus Fruits									
Plums									
Guavas									
Others (Please specify)									
MEATS									
Beef									
Chicken									
Matumbo(offal)									
Liver									
Kidney									
Heart									

Chicken									
(Processed meats e.g. smokies, sausages, ham.etc)									
FISH AND SEA FOOD									
Whole fish									
Fish fillet									
Omena									
PULSES/LEGUMES/ NUTS AND SEEDS									
Dried cow peas									
Dried pigeon peas									
Dry Garden peas									
Dry Beans									
Green grams									
Lentils									
Dry pigeon peas (mbaazi)									
Black eyed peas									
MILK AND MILK PRODUCTS									
Milk									
Yoghurt									
Mala (Fermented Milk)									
OILS AND FATS									
Margarine									
Oils									
Fats									
SWEETS									

Honey									
Sugar									
Sugar cane									
Cakes									
Sweets									
Soda									
BEVERAGES, SPICES AND CONDIMENTS									
Alcohol									
Spices									
Coffee									
Tea									
Other beverages									