

**09150574NUT**

**NUTRITION AND DIETETICS LEVEL 5**

**MED/CU/NUD/CR/02/5/A**

**Apply Principles of Human Nutrition**

**Nov/Dec 2024**



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

**PRACTICE**

**Time: 2 HOURS**

**INSTRUCTIONS TO CANDIDATE:**

A 20-year-old woman in her first trimester of pregnancy is concerned about her nutrition status. She is not sure if she is getting enough nutrients for her and her baby. She experiences occasional vomiting, nausea, constipation, fatigue, heart burn. She weighs 61.5 Kgs and 1.61m.

1. You are required to perform the following tasks:
  - a) Conduct dietary assessment using 24 Hour Dietary recall and MUAC measurement.
  - b) Counsel the client on management of vomiting, nausea, Heart burn/ (Esophageal reflux) and constipation.
  - c) Determine nutritional needs of the client. (Energy and Protein requirements).

Provided that:

- a) Energy requirements-36-40kcal/kg/day +150kcal/day
- b) Protein requirements-0.8-1g/Kg/day +0.7g/day

- iv. Conduct Nutrition monitoring.
2. You have been provided with the following resources for the practical tasks.
- 24 Hour Recall Questionnaire (Appendix 1)
  - Assorted Food samples/models
  - A Fully equipped nutrition lab
  - 250ml cup
  - Tablespoon (10g)
  - Teaspoon (5g)
  - A plate
  - Adult MUAC tape
  - Pre-selected Female Client
  - Calculator
  - Pens
  - Foolscape

**N/B: The pre-selected female client represents a 28-year-old pregnant woman.**



- 3-Decreased appetite ( )
- 2-Inadequate foods
- 4-Increased appetite

STEP 4: RECORDING SHEET FOR INFORMATION COLLECTED IN STEP 3 OF THE 24-HOUR RECALL

Probe for sickness:

- Yes ( )
- No ( )

If yes, did sickness affect appetite?

- Yes ( )
- No ( )

If yes, how?

- Increased ( )
- Decreased ( )

Probe for alcohol:

- Yes ( )
- No ( )

Probe for supplements:

- Yes ( )
- No ( )

If yes, give type used.....

When do you drink tea or coffee?

- 1-During a meal
- 2-After a meal ( )
- 3-Before a meal