

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

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. - Closed shoes - Laboratory coat <i>(Award 1 mark each)</i>	02		
2. Prepared the counselling room. - Used an appropriate sitting arrangement - Ensured adequate lighting and ventilation <i>(Award 1 mark each)</i>	03		
3. Prepared the client for the session - Greeted the patient - Welcomed the client to the session <i>(Award 1 mark each)</i>	02		
Sub- Total 1	07		
TASK 1: CARRY OUT CLINICAL ASSESSMENT ON MISS KAY			
4. Assessed for pallor by following these steps: - Examined the mucous membranes - Paid attention to the palms, soles, nail beds, eyes and lips. - Looked for a change in their usual skin color. <i>(Award 2 marks for each assessment)</i>	06		

5. Assessed for rapid heart rate (Tachycardia). - Located the radial pulse on the inner wrist, just below the base of the thumb. - Used the index and middle fingers to gently press on the pulse. - Counted the number of beats in 60 seconds. <i>(Award 2 marks for each assessment)</i>	06		
Sub-Total 2	12		
TASK 2: CALCULATE MISS KAY BODY MASS INDEX AND INTERPRET.			
6. Calculated the Body Mass Index (BMI) of the patient - Utilized the following formula to the patient's BMI: $\text{BMI} = \frac{\text{Weight (in Kgs)}}{(\text{Height in metres})^2}$ $= 45/(1.68)^2$ $= 16.21\text{kg/M}^2$ - Interpreted the BMI - MAM <i>(Award 1 mark for each step)</i>	04		
Sub- Total 3	04		
TASK 3: INFORM MISS KAY ON THE SEVEN FOOD GROUPS USING A FOOD PYRAMID			
7. Informed Miss Kay on the seven food groups using a food pyramid. <i>(Award 2 marks for correct classification as per appendix 1)</i>	14		

8. Used the pyramid by mounting the food groups <i>(Award 2 marks for correct mounting as per appendix 1)</i>	02		
9. Gave sources of each food group <i>(Award 1 mark for each correct source as per appendix 1)</i>	07		
Sub-Total 4	23		
TASK 4: INTERPRETE THE HAEMOGLOBIN READING AND ADVISE MISS KAY ACCORDINGLY			
10. Interpreted the hemoglobin reading as follows; • Normal ranges; • Men: 13.5 to 17.5 grams per deci (g/dL) • Women: 12.0 to 15.5 g/dL • Therefore, the client's Hb is below normal range, hence anemic. <i>(Award 1 mark for each correct answer)</i>	04		
11. Advised Miss Kay on management of anemia • 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 at least 8 glasses of water a day.	08		

(Award 2 marks each correct answer)			
12. Adjourned the session; - Summarized the session. - Asked for any question from the client (answered appropriately). - Thanked the client. (Award 3 marks)	03		
Sub-Total 5	15		
GRAND TOTAL	61		
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 achieves at least 50%)</i>			
Feedback from the Candidate:			
Feedback to the Candidate:			
Candidate Signature		Date:	
_____		_____	
Assessor's Signature		Date	
_____		_____	

APPENDIX 1: SEVEN FOOD GROUPS

1. **Grains:** This group includes bread, rice, pasta, cereals, and other grain-based products. They provide carbohydrates for energy.
2. **Vegetables:** Vegetables are rich in vitamins, minerals, and fiber. Aim to eat a variety of colorful vegetables, including leafy greens, carrots, broccoli, and tomatoes.
3. **Fruits:** Fruits are also excellent sources of vitamins, minerals, and fiber. Include a variety of fruits in your diet, such as apples, bananas, berries, and citrus fruits.
4. **Dairy:** Dairy products like milk, yogurt, and cheese provide calcium and protein for strong bones and muscles. Choose low-fat or fat-free options when possible.
5. **Protein Foods:** This group includes meat, poultry, fish, eggs, beans, nuts, and seeds. These foods provide protein for growth and repair.
6. **Oils:** Oils are a source of healthy fats, but they should be consumed in moderation. Choose unsaturated fats like olive oil and canola oil.
7. **Water:** Water is essential for hydration. Drink plenty of water throughout the day to stay healthy.

