

091505T4NUT

NUTRITION AND DIETETICS LEVEL 5

MED/OS/NUD/CR/03/5

Conduct Nutrition Care Process

July/Aug 2025



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

PRACTICE ASSESSMENT

Time: 2 HOURS

INSTRUCTIONS TO CANDIDATE:

Scenario

You are a Community Nutritionist working in a rural health centre. You are visiting a household for a routine check-up and nutrition support. The household consists of, a 3-year-old child with frequent illness and poor appetite and a mother (30 years old) who is currently 5 months pregnant. The family's diet primarily consists of ugali, sukuma wiki, and occasionally beans.

1. You are required to perform the following tasks:

Task 1: Measure weight and height of the 3-year-old child

Task 2: Determine the family's food security status using the provided Household Food Security Questionnaire

Task 3: From the data provided, come up with a nutrition diagnosis for the 3- year-old child

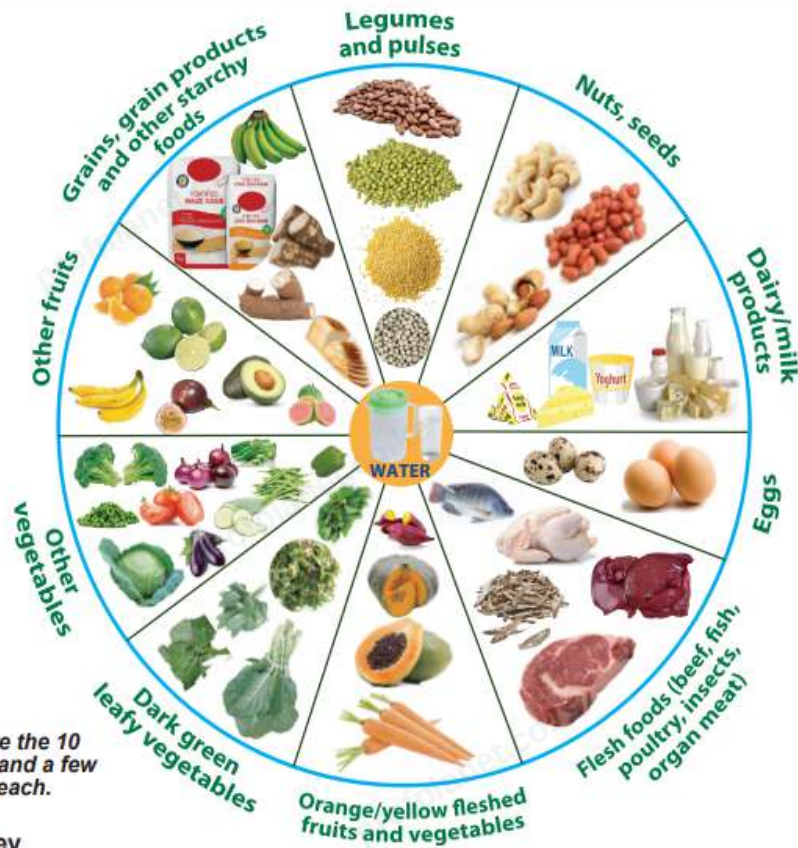
Task 4: Recommend appropriate nutrition interventions for the household

Task 5: Informed the pregnant mother on areas of monitoring

2. You have been provided with the following resources for the practical tasks:

- ✓ Lab coat
- ✓ Preselected female to represent the pregnant mother
- ✓ Baby dummy to represent the 3- year-old child
- ✓ Weighing scale
- ✓ Height board
- ✓ Foolsap
- ✓ Food chart (appendix 1)
- ✓ Household food security questionnaire (appendix 2)

Appendix 1: Food chart



NB: These are the 10 food groups and a few examples of each.

Variety is key

Appendix 2: Household Food Security Questionnaire

Instructions: Please answer the following questions based on your household's experience in the past 30 days. Choose the option that best describes your situation.

1. Did you worry that your household would not have enough food?
☐ Often
☐ Sometimes
☐ Never
2. Was there a time when your household ran out of food before you had money to buy more?
☐ Yes
☐ No
3. Did anyone in your household skip a meal because there wasn't enough food?
☐ Often
☐ Sometimes
☐ Never
4. Did any adult in your household eat less than they felt they should because there wasn't enough food?
☐ Yes
☐ No
5. Did any household member go a whole day without eating because of lack of food?
☐ Yes
☐ No

6. How often did you rely on less preferred or less expensive foods due to lack of resources?

☐ Often

☐ Sometimes

☐ Never