

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)**

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
TASK 1: Measure weight and height of the 3-year-old child.			
1. Donned the right attire. • Lab coat • Closed shoes <i>(Award 1 mark each)</i>	2		
2. Student introduced themselves to t household. • Knocked and waited to be allowed into the household • Greeted the members of the household • Introduced themselves and their occupation • Stated reason for the visit <i>(Award 1 mark each)</i>	4		
3. Measured the child's weight using the following steps: • Showed the scale to the pregnant mother and explained that it will be used to weigh the child	8		

• <i>Placed the scale on a hard, flat surface</i> • <i>Asked the mother to undress the child just before weighing, leaving on only the child's underpants, to ensure that clothing does not add weight.</i> • <i>Turned on the weighing scale</i> • <i>Placed the child on the center of the scale pan</i> • <i>Stayed close and observed the child to ensure they do not roll or fall off the scale.</i> • <i>Read the weight aloud when the child was still and the digital display was no longer changing.</i> • <i>Recorded the weight measurement</i> (Award 1 mark each)			
4. Measured the child's height as follows: • <i>Showed the measuring board to the mother and explained that the board will be used to measure the child's height</i> • <i>Asked the parent to remove the child's shoes and any hair ornaments</i> • <i>Measured the child while standing straight ensuring that the child's legs are straight at the knees and positioned correctly.</i>	4		

• <i>Read and recorded the child's result</i> <i>(Award 1 mark each)</i>			
Sub- Total 1	18		
TASK 2: Determine the family's food security status using the provided Household Food Security Questionnaire			
5. Demonstrated understanding of the tool; • <i>Asked the questions in sequence</i> • <i>Elaborated the questions to the interviewee</i> <i>(Award 1 mark each)</i>	2		
6. Applied the following interviewing techniques; • <i>Spoke clearly at an appropriate pace</i> • <i>Listened without interruptin</i> • <i>Filled the questionnaire accurately as per responses given</i> <i>(Award 1 mark each)</i>	3		
7. Adhered to following ethical considerations; • <i>Ensured the pregnant mother gave informed consent</i> • <i>Assured her of data confidentiality</i> <i>(Award 1 mark each)</i>	2		
Sub- Total 2	7		
TASK 3: From the data provided, come up with a nutrition diagnosis for the 3- year-old child.			
8. Came up with a nutrition diagnosis that must be in PES order for instance,	3		

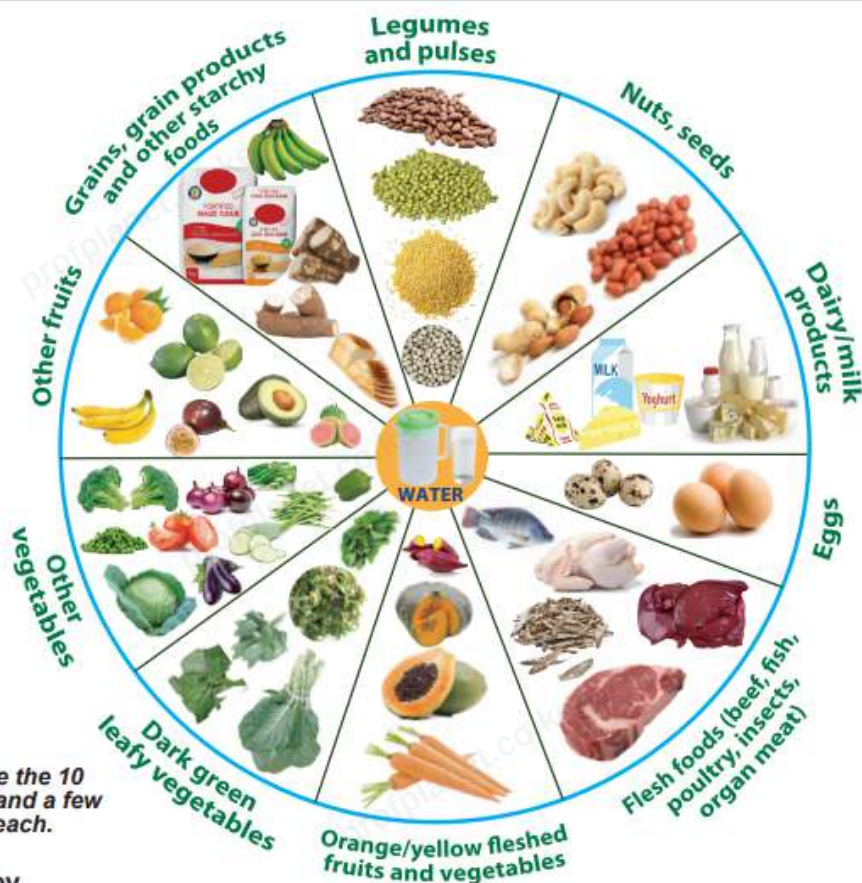
• <i>Inadequate energy intake RT limited dietary diversity AEB consumption of a monotonous diet</i> • <i>inadequate energy intake RT frequent illness AED poor appetite</i> <i>(Award 3 marks for correct PES statement)</i>			
9. Informed the mother of the child's nutrition diagnosis • <i>Gave the correct diagnosis</i> • <i>Used nonscientific terms to explain diagnosis for understanding</i> <i>(Award 1 mark for each)</i>	2		
Sub-	5		
TASK 4: Recommend appropriate interventions for the household			
10. Educated the mother on consumptive healthy diet • <i>Balanced diet, all food groups included</i> • <i>Variety of foods and food groups</i> • <i>Moderation of fats, sugar and salt</i> • <i>Nutrient dense foods</i> • <i>Energy dense foods</i> • <i>Adequacy of nutrients consumed</i> • <i>Consumption of three main meals and snacking in between for both child and pregnant mother to support physiological processes</i>	14		

<i>(Award 2 marks each)</i>			
11. Recommended alternative foods to what is already consumed by the household • <i>Ugali alternatives rice, matoke, cassava, arrow roots</i> • <i>Alternatives to Sukuma include terere, pumpkin leaves, cabbage, managu etc.</i> • <i>Other substitutes to beans can include peas, lentils, omena, milk, beef, eggs</i> <i>(Award 2 marks each)</i>	6		
12. Informed the mother on ways of improving household food security • <i>Through kitchen or sack gardening</i> <i>(Award 2 marks each)</i>	2		
13. Referred both the pregnant mother and child to the health center • <i>Growth monitoring promotion for the child</i> • <i>Antenatal clinic for the mother</i> <i>(Award 1 mark each)</i>	2		
Sub-Total 4	24		
TASK 5: <i>Informed the pregnant mother on areas of monitoring</i>			
14. Informed the pregnant mother on areas of monitoring/follow up such as • <i>Childs growth (weight, height, MUAC) on a monthly basis</i>	4		

• <i>Maternal weight gain on a monthly basis</i> • <i>Food diversity and kitchen gardening on a monthly basis</i> • <i>Illness frequency on the child every hospital visit</i> <i>(Award 1 mark each)</i>			
15. Concluded the home visit • <i>Asked the mother questions to check for understanding</i> • <i>Answered any questions asked by the mother</i> • <i>Informed them of the next visit</i> • <i>Bid them fare well and left</i> <i>(Award 1 mark each)</i>	4		
Sub-	8		
GRAND TOTAL	62		
ASSESSMENT OUTCOME			
The candidate was found to be: Competent <input style="width: 50px; height: 20px; border: 1px solid black;" type="checkbox"/> Not yet Competent <input style="width: 50px; height: 20px; border: 1px solid black;" type="checkbox"/> <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 _____

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