

MODULE II

NUTRITION AND DIETETICS

MED/OS/NUD/CR/02/5/MA

PROVIDE MATERNAL, INFANT AND YOUNG CHILD NUTRITION

SEPTEMBER-NOVEMBER 2025



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

PRACTICAL ASSESSMENT

INSTRUCTIONS TO THE CANDIDATE:

1. This unit of competence shall be assessed in two practical phases.
2. Each assessment session has the duration included in brackets
3. The assessor will take photos and videos as you perform the tasks at critical points during the assessment.
4. Ensure all required resources for the assessment have been provided before beginning the assessment.

PRACTICAL ASSESSMENT 1 (2 HOURS)

Elements Covered

1. Provide nutrition in pregnancy
2. Provide nutrition in lactation

You are a nutritionist at a county referral hospital. You are required to assess and provide nutrition care for:

- A pregnant woman in her second trimester attending antenatal clinic.
- A lactating mother two weeks postpartum complaining of breastfeeding difficulties.

Tasks

- i. Counsel the mother on FIVE pregnancy-related complications.
- ii. Demonstrate to the simulated lactating mother on proper positioning of the infant to the breast.
- iii. Demonstrate to the simulated lactating mother on proper attaching of the infant to the breast.

PRACTICAL ASSESSMENT 2 (2 HOURS) AND ORAL ASSESSMENT (1 HOUR)

Elements Covered

1. Provide infant nutrition
2. Provide young child nutrition

You are working in a child welfare clinic. A caregiver presents:

- A 7-month-old infant with diarrhea and poor weight gain since they started complementary feeding
- A 3-year-old child with stunted growth and underweight-for-age.

TASK

- i. Demonstrate the SEVEN steps of social handwashing that you will teach the caregiver of the 7-month old infant to practice.
- ii. Develop a Food Guide Pyramid.
- iii. Using the developed food guide pyramid counsel the caregiver on SEVEN food groups and their benefits for growth and development.

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