

091505T4NUT

NUTRITION AND DIETETICS LEVEL 5

MED/OS/NUD/CR/02/5

Apply Principles of Human Nutrition

July/Aug 2025



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

PRACTICAL ASSESSMENT

Time: 2 HOURS

INSTRUCTIONS TO CANDIDATE:

Wess is a 20-year-old who is a full-time college student, stays in a dorm, limited budget, no kitchen access, busy schedule with classes and part-time job. His medical history shows no diagnosed conditions, but reports frequent fatigue and difficulty concentrating during classes. He recently complained of irregular eating habits, frequent hunger, occasional dizziness and low energy. His assessment data is as below

- Height: 175 cm
- Weight: 62 kg
- Hemoglobin: 9.5 g/dL
- Blood glucose: 4.5 g/dL

You are a nutrition assistant working at a college health center under the supervision of a registered dietitian. Wess has visited the center after a professor noticed his fatigue and recommended a nutrition check-up.

1. You are required to perform the following tasks;
 - a. Interpret the assessment data.
 - b. Conduct dietary assessment using the food frequency questionnaire provided.
 - c. Counsel the client based on the assessments.
 - d. Develop a one- day meal plan for the above client.
2. You have been provided with the following resources for the practical tasks:
 - 7- day food frequency questionnaire
 - Assorted food samples/models
 - Pre-selected male client
 - Scientific Calculator
 - Foolscape

easyvet.com

APPENDIX I
7 DAY FOOD FREQUENCY QUESTIONNAIRE

	FREQUENCY OF CONSUMPTION IN THE LAST ONE WEEK-Tick where appropriate (√)								
	Once	Twice	Thrice	Four times	Five times	Six times	Daily	Never	Source
CEREALS/CARBOHYDRATES/ STARCH									
Ugali									
(Uji) Fermented porridge									
Uji (Unfermented porridge)									
Rice									
Githeri									
White Bread									
Whole meal bread									
Roasted maize									
Roasted Maize									
Boiled Maize									
WHITE ROOTS AND TUBERS									
Cassava									
Irish potatoes									

Yams									
Arrow Roots									
VITAMIN A RICH VEGETABLES AND TUBERS									
Sweet potatoes									
Carrots									
Pumpkins									
DARK GREEN LEAFY VEGETABLES									
Spinach									
Kales									
Cowpea leaves (kunde)									
Pumpkin leaves									
Black night shade (Kitulu)									
OTHER VEGETABLES									
Cabbage									
Tomatoes									
VITAMIN A RICH FRUITS									
Paw paws									
Mangoes									
Watermelons									
OTHER FRUITS									

Bananas									
Pineapples									
Avocadoes									
Citrus Fruits									
Plums									
Guavas									
Others (Please specify)									
MEATS									
Beef									
Chicken									
Matumbo(offal)									
Liver									
Kidney									
Heart									
Chicken									
(Processed meats e.g. smokies, sausages, ham.etc)									
FISH AND SEA FOOD									
Whole fish									

Fish fillet									
Omena									
PULSES/LEGUMES/ NUTS AND SEEDS									
Dried cow peas									
Dried pigeon peas									
Dry Garden peas									
Dry Beans									
Green grams									
Lentils									
Dry pigeon peas (mbaazi)									
Black eyed peas									
MILK AND MILK PRODUCTS									
Milk									
Yoghurt									
Mala (Fermented Milk)									
OILS AND FATS									
Margarine									
Oils									

Fats									
SWEETS									
Honey									
Sugar									
Sugar cane									
Cakes									
Sweets									
Soda									
BEVERAGES, SPICES AND CONDIMENTS									
Alcohol									
Spices									
Coffee									
Tea									