

091506T4NUT

NUTRITION AND DIETETICS LEVEL 6

MED/OS/NUD/CR/03/6/A

Apply Principles of Human Nutrition

March/April 2025



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

PRACTICAL ASSESSMENT

Time: 2 HOURS

INSTRUCTIONS TO CANDIDATE:

Case Scenario;

A 35-year-old female visited the doctor and the general assessments were conducted and referred to the nutritionist for nutrition support. She engages in moderate physical activity, she complains of dizziness, fatigue and occasionally fainting. She also presents with pale skin and her hemoglobin level is 9.5g/dl.

1. You are required to perform the following tasks
 - a. **Task 1:** Carry out the following nutrition assessments on the patient;
 - a) Weight and height measurements.
 - b) Dietary assessment using Daily Food record attached.
 - b. **Task 2:** Compute the patient's;
 - a) Body Mass Index

- b) Basal Metabolic Rate. (Apply Harris Benedict's equation)
 - c. **Task 3:** Conduct nutrition counselling to the patient on ways of improving her overall lifestyle to full recovery.
2. You are provided with the following resources for the practical tasks:
- A preselected female client to represent the 35-year-old female
 - Stadiometer
 - Seca Weighing scale/Bathroom weighing scale
 - Daily Food Record
 - Foolscape
 - Nutrition counseling cards
 - Measuring cups, tablespoons, teaspoon and model food plates

DAILY FOOD RECORD

Subject Code: _____ Date: _____ ☐ Weekday or ☐ Weekend

Please list all food/beverages/water/medications/supplements. Estimate all food/drink amounts accurately.

[illegible]

Was this a typical day? If not, why? _____

Did you take all of your usual medications and supplements as prescribed? ☐ Yes ☐ No