

NUTRITION IN LIFE CYCLE

UNIT CODE: MED/CU/NUD/CR/02/6/A

Relationship to Occupational Standards

This unit addresses the unit of competency: manage nutrition in the life cycle

Duration of Unit: 160 hours

Unit Description

This unit covers the competencies required to manage nutrition in the life cycle. It involves identifying terminologies in nutrition in the life cycle, demonstrating the knowledge of nutrition during pre-pregnancy, Pregnancy, Lactation, Infancy (0-24 months), preschoolers (25-59 months), pre-adolescents (6years-12 years), Adolescents (13years-19 years), adults (20years-60 years) and older persons/geriatric nutrition (60years and above)

Summary of Learning Outcomes

1. Identify terminologies in nutrition in the life cycle
2. Demonstrate knowledge in nutrition during pre-pregnancy
3. Demonstrate knowledge in nutrition during Pregnancy
4. Demonstrate knowledge in nutrition during Lactation
5. Demonstrate knowledge in nutrition during Infancy (0-24 months)
6. Demonstrate knowledge in nutrition for preschoolers (25-59 months)
7. Demonstrate knowledge in nutrition for pre-adolescents (6years-12 years)
8. Demonstrate knowledge in nutrition for adolescents (13years-19 years)
9. Demonstrate knowledge in nutrition for adults (20years-60 years)
10. Demonstrate knowledge in nutrition for older persons/geriatric nutrition (60years and above)

Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods
1. Identify terminologies in nutrition in the life cycle	<ul style="list-style-type: none">• Meaning of terms• Lifespan stages at a glance• Importance of nutrition in the lifespan• Nutrition vulnerability• Factors determining individual nutrition needs	<ul style="list-style-type: none">• Written .• Observation• Third party report• Oral questioning• Interviews
2. Demonstrate knowledge in nutrition during pre-pregnancy	<ul style="list-style-type: none">• Pre-conception nutrition for men and women• Importance of preconception care	<ul style="list-style-type: none">• Written .• Observation• Third party report

Learning Outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Nutrition risks/vulnerability during pre-conception • Nutrition requirements during pre-conception • 	<ul style="list-style-type: none"> • Oral questioning • Interviews
3. Demonstrate knowledge in nutrition during Pregnancy	<ul style="list-style-type: none"> • Meaning of terms during pregnancy • Stages of pregnancy and nutrition implications • Pregnancy related complications and their nutrition management • Nutrition requirements during pregnancy • Prenatal care services and interventions as per WHO recommendations • 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews
4. Demonstrate knowledge in nutrition during Lactation	<ul style="list-style-type: none"> • Meaning of terms in lactation • Postnatal care services as per WHO/UNICEF recommendations • Processes of lactation; hormonal activities and lactation/milk let down process • Breast feeding: Initiation of breast feeding, attachment and positioning during breast feeding and other initiatives to promote good breastfeeding practice as per WHO/UNICEF recommendations • Nutrition requirements in lactation 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews
5. Demonstrate knowledge in nutrition during Infancy(0-24 months)	<ul style="list-style-type: none"> • Meaning of terms • Nutrition requirements during 0-6 months; exclusive breast feeding as per WHO/UNICEF recommendations, developmental milestone and immunization as per WHO/UNICEF recommendation • Breast feeding in vulnerable situations; HIV and AIDS, low birth weight and pre-term babies 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews

Learning Outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Initiatives to promote good breast feeding practices • Nutrition requirements and feeding of 6 months to 8 months baby; MMF, DD, MAD, breast feeding on demand responsive feeding, developmental milestone and immunization as per WHO/UNICEF recommendation • Nutrition requirements and feeding of 9- months to 11 months baby MMF, DD, MAD, breast feeding on demand responsive feeding, developmental milestone and immunization as per WHO/UNICEF recommendation • Nutrition requirements and feeding of 12- months to 24 months baby MMF, DD, MAD, breast feeding on demand responsive feeding, developmental milestone and immunization as per WHO/UNICEF recommendation 	
6. Demonstrate knowledge in nutrition for pre-schoolers (25-59 months)	<ul style="list-style-type: none"> • Meaning of terms • Developmental milestones • Nutrition vulnerability for pre-schoolers • Nutrition requirements for pre-school children 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews
7. Demonstrate knowledge in nutrition for pre-adolescents (6years-12 years)	<ul style="list-style-type: none"> • Meaning of terms • Developmental milestones • Nutrition vulnerabilities for pre-adolescents • Nutrition requirements for pre-adolescents 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews
8. Demonstrate knowledge in nutrition for adolescents	<ul style="list-style-type: none"> • Meaning of terms • Developmental changes • Nutrition vulnerabilities • Nutrition requirements for adolescents 	<ul style="list-style-type: none"> • Written . • Observation • Third party report

Learning Outcome	Content	Suggested Assessment Methods
(13years-19 years)	<ul style="list-style-type: none"> • Factors influencing dietary practices and food choices 	<ul style="list-style-type: none"> • Oral questioning • Interviews
9. Demonstrate knowledge in nutrition for adults (20years-60 years)	<ul style="list-style-type: none"> • Meaning of terms • Categories of adulthood, nutrition vulnerabilities and habits with nutrition implication • Nutrition requirements for early adulthood (20-40 years) • Nutrition requirements for mid adulthood (40 years-60 years) • 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews
10. Demonstrate knowledge in nutrition for older persons/geriatric nutrition (60years and above)	<ul style="list-style-type: none"> • Meaning of terms • Nutrition assessment for the older persons • Physiological, psychosocial and economic changes and nutrition implications • Meal planning for the older person • Nutrition requirements for the older persons • Nutrient drug interactions for the older persons • Interventions for the older persons in Kenya 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews

Suggested Methods of Delivery

- Projects
- Demonstration by trainer
- Practice by the trainee
- Discussions
- Direct instruction
- Role playing

Recommended Resources

- Computers with internet
- Library and resource centre
- WHO guidelines
- MOH