

- Ministry of Education
- Skills lab
- Use of LCDs, video clips, charts and other teaching aids
- Invitation of competent expertise

PRINCIPLES OF HUMAN NUTRITION

UNIT CODE: MED/CU/NUD/CR/03/6/A

Relationship to Occupational Standards

This unit addresses the unit of competency: apply principles of human nutrition

Duration of Unit: 200 hours

Unit Description

This unit covers the competencies required to manage nutrition and dietetic services it includes: classifying different nutrients, demonstrate understanding of food metabolism, demonstrate understanding of the role of nutrition in disease occurrence and management, identifying factors that place client at nutritional risk and undertaking nutrition monitoring

Summary of Learning Outcomes

1. Classify different nutrients
2. Demonstrate understanding of food metabolism
3. Understand role of nutrition in disease occurrence and management
4. Identify factors that place client at nutritional risk
5. Undertake nutrition monitoring

Learning Outcomes, Content and Suggested Assessment Methods

| Learning Outcome | Content | Suggested Assessment Methods |
|---------------------------------|---|--|
| 1. Classify different nutrients | <ul style="list-style-type: none"> • Meaning of terms; human nutrition, food, nutrients, nutrition • Classes of nutrients: macronutrients, micronutrients • Classes of macronutrients • Classes of micronutrients • Food sources of each macronutrients • Food sources of each micronutrients | <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"> Physical and chemical characteristics/properties of nutrients | |
| 2. Demonstrate understanding of food metabolism | <ul style="list-style-type: none"> Digestion of nutrients; mechanical and chemical nutrient digestion Nutrient metabolism; carbohydrates, proteins, fats, minerals and vitamins Water and electrolytes | <ul style="list-style-type: none"> Written . Observation Third party report Oral questioning Interviews |
| 3. Demonstrate knowledge of nutrition through the life cycle | <ul style="list-style-type: none"> Nutrition during pregnancy Nutrition during lactation Nutrition during infancy and childhood Nutrition in adolescence Nutrition in adulthood Nutrition for the older persons | <ul style="list-style-type: none"> |
| 4. Understand role of nutrition in disease occurrence and management | <ul style="list-style-type: none"> Energy balance Associated deficiency disorders of macronutrients Associated deficiency disorders of micronutrients Deficiencies of public health concerns Interventions to address malnutrition and micronutrient deficiencies | <ul style="list-style-type: none"> Written . Observation Third party report Oral questioning Interviews |
| 5. Identify factors that place client at nutritional risk | <ul style="list-style-type: none"> Determinants of malnutrition; conceptual framework on the causes of malnutrition | <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
- UNICEF
- Ministry of Education
- Skills lab
- Use of LCDs, video clips, charts and other teaching aids
- Invitation of competent expertise

easytvet.com