

APPLY PRINCIPLES OF HUMAN NUTRITION

UNIT CODE: MED/OS/NUD/CR/02/5/A

UNIT DESCRIPTION

This unit specifies the competencies required to apply principles of human nutrition. It involves classifying different nutrients, demonstrating understanding of food metabolism and understanding of the role of nutrition in disease occurrence and management. It also includes identifying factors that place client at nutritional risk and undertaking nutrition monitoring.

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT These describe the key outcomes which make up workplace function .	PERFORMANCE CRITERIA These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the range.</i>
1. Classify different nutrients	1.1 Determine nutrient needs as per client nutritional requirements 1.2 Macro and micro nutrients are assessed as per nutritional composition 1.3 Types of Macro and micro nutrients are categorized as per nutritional standard requirement 1.4 Concepts and basic principles of nutrition and dietetics are determined as per nutritional standards 1.5 Energy levels of different foods are determined as per client needs and standard nutritional requirement
2. Demonstrate understanding of food metabolism	2.1 Describe Digestion in the GIT 2.2 Determine GIT sites of secretions and absorption 2.3 Explain factors affecting digestion, absorption and utilization. 2.4 Explain factors affecting bioavailability of macro and micro nutrients. 2.5 Assess factors that hinder metabolism.
3. Understand role of nutrition in disease occurrence and management	3.1 Prevalence of nutrition implications in disease occurrence is assessed 3.2 Client's nutrition assessment is evaluated as per standardized operating procedures 3.3 Dietary management in metabolic disorders and malnutrition is determined as per individual nutrition requirements

	3.4 Nutritional support is explored as per client requirement
4. Identify factors that place client at nutritional risk	<p>4.1 Problems which may affect the client's ability to eat or drink are reported to the dietitian and/or other relevant health professional, according to organization policies and procedure</p> <p>4.2 Client food intake is documented and reported according to organization policies and procedures</p> <p>4.3 Feedback about changes to nutrition support requirements are provided to catering/food services</p> <p>4.4 Client is informed of the dietary recommendation as per dietary requirements</p>
5. Undertake nutrition monitoring	<p>5.1 The nutrition status of clients is identified as per standard/validated tools and nutritional indicators</p> <p>5.2 Systems designed by a dietitian are followed to monitor client nutritional status</p> <p>5.3 The progress of client nutritional status that is reported to the dietitian, and/or other health professional is evaluated according to standard protocols and timeframes</p>

RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environment and situations that will affect performance.

Variable	Range
1. Nutrients may include but are not limited to:	<ul style="list-style-type: none"> • Carbohydrates • Proteins • Lipids • Vitamins • Minerals • Water

REQUIRED KNOWLEDGE AND UNDERSTANDING

The individual needs to demonstrate knowledge of:

Knowledge

- Nutrition and disease
- Anatomy and physiology
- Food nutrient interaction.

Skills

The individual needs to demonstrate the following skills:

- ICT
- Communication
- Information technology
- Analysis
- Synthesis and evaluation
- Decision making
- Management
- Leadership

EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge and range.

1. Critical Aspects of Competency	Assessment requires evidence that the candidate: Demonstrates; 1. 1Ability to assist client with meal selection 1. 2Ability to prepare and deliver nutrition support services 1. 3Ability to comply with personal hygiene standards 1. 4Ability to support the client with acceptance of nutrition care plan 1. 5Ability to identify factors that place client at nutritional risk 1. 6Ability to undertake nutrition monitoring
2. Resource Implications	The following resources must be provided: 2.1 Library
3. Methods of Assessment	Competency may be accessed through: 3.1 Written tests 3.2 Oral questioning 3.3 Third party reports 3.4 Case studies

4. Context of Assessment	Competency may be assessed: <ul style="list-style-type: none"> 4.1 On the job 4.2 Off the job 4.3 In work placement (attachment) Off the job assessment must be undertaken in a closely simulated workplace environment
5. Guidance information for assessment	Holistic assessment with other units relevant to the industry subsector, workplace and job roles is recommended.

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