

PRINCIPLES OF HUMAN NUTRITION

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

Relationship to Occupational Standards

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

Duration of Unit: 70 hours

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.

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• Physical and chemical characteristics/properties of nutrients	<ul style="list-style-type: none">• Written .• Observation• Third party report• Oral questioning• Interviews
2. Demonstrate understanding of food metabolism	<ul style="list-style-type: none">• Digestion of nutrients; mechanical and chemical nutrient digestion• Nutrient metabolism;	<ul style="list-style-type: none">• Written .• Observation• Third party

Learning Outcome	Content	Suggested Assessment Methods
	carbohydrates, proteins, fats, minerals and vitamins <ul style="list-style-type: none"> • Water and electrolytes 	report <ul style="list-style-type: none"> • Oral questioning • Interviews
3. Demonstrate knowledge of nutrition requirements 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 olderpersons 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews
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 Instruction

- 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

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