

MANAGE NUTRITION IN THE LIFE CYCLE

UNIT CODE MED/OS/NUD/CR/02/6/A

UNIT DESCRIPTION

This unit specifies 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) .

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. Identify terminologies in nutrition in the life cycle	1.1 Terminologies in the lifecycle are identified as per the existing nutrition policies and guidelines 1.2 <i>Stages in the life cycle</i> are identified and described as per the existing policies and guidelines 1.3 The important roles of nutrition is identified and described as per the different life stages 1.4 Nutrition vulnerability and risks are identified and described as per the different life stages 1.5 The factors that determine nutrition needs are identified as per different life stages
2. Demonstrate knowledge in nutrition during pre-pregnancy	2.1 Nutrition needs of men and women before conception are identified and described as per resource materials 2.2 Importance of pre-conception nutrition knowledge and services are identified and described as per the resource materials and existing guidelines 2.3 The risk factors with nutrition implications are identified and described as per resource materials 2.4 Nutrition needs during preconception are identified as per the RDAs for macro and micronutrients

<p>3. Demonstrate knowledge in nutrition during Pregnancy</p>	<p>3.1 Terminologies during pregnancy are identified as per the existing policies and guideline</p> <p>3.2 The <i>stages of pregnancy</i> are identified and their nutrition implications described as per existing resource materials</p> <p>3.3 Complications during each stage of pregnancy are identified and described as per resource materials and guidelines</p> <p>3.4 Nutrition needs during pregnancy are identified and described as per the RDAs for macro and micronutrients</p> <p>3.5 Prenatal care services and other interventions for pregnant women are identified and described as per WHO/UNICEF policies and guidelines</p>
<p>4. Demonstrate knowledge in nutrition during Lactation</p>	<p>4.1 Terminologies during lactation are identified as per the existing policies and guideline</p> <p>4.2 Postnatal care services and other interventions for lactating women are identified and described as per WHO/UNICEF policies and guidelines</p> <p>4.3 Breast feeding indicators and strategies are identified and described as per WHO/UNICEF policies and guidelines</p> <p>4.4 Nutrition needs during lactation are identified and described as per the RDAs for macro and micronutrients</p>
<p>5. Demonstrate knowledge in nutrition during Infancy (0-24 months)</p>	<p>5.1 Nutrition related terminologies in infancy are identified as per the existing policies and guideline</p> <p>5.2 <i>Nutrition requirements</i> for infants 0-6 months/breast feeding indicators are described as per MOH, WHO/UNICEF policies and guidelines</p> <p>5.3 Breast feeding in vulnerable situations and in the context of HIV and AIDS are describes as per MOH, WHO/UNICEF policies and guidelines</p> <p>5.4 Initiatives to promote good breast-feeding practices are identified and described as per MOH, WHO/UNICEF policies and guidelines</p>

	<p>5.5 Nutrition requirements and need of infants 0-6 months are identified and described as per MOH, WHO/UNICEF policies and guidelines</p> <p>5.6 Nutrition requirements and feeding of infants 9 months to 11 months are described as per MOH, WHO/UNICEF policies and guidelines</p> <p>5.7 Nutrition requirements and feeding of infants 12 months to 24 months are described as per MOH, WHO/UNICEF policies and guidelines</p>
6. Demonstrate knowledge in nutrition for preschoolers (25-59 months)	<p>6.1 Nutrition related terminologies for preschoolers are identified as per the existing policies and guideline</p> <p>6.2 Developmental milestones for preschoolers are described as per resource materials</p> <p>6.3 Nutrition vulnerability for preschoolers are identified and described as per resource materials</p> <p>6.4 Nutrition requirements for pre-school children are identified and described as per RDAs for macro and micronutrients, policies and guidelines</p>
7. Demonstrate knowledge in nutrition for pre-adolescents (6years-12 years)	<p>7.1 Nutrition related terminologies for pre-adolescents are identified as per the existing policies and guideline</p> <p>7.2 Developmental milestones are described as per resource materials</p> <p>7.3 Nutrition vulnerabilities for pre-adolescents are identified and described as per resource materials</p> <p>7.4 Nutrition requirements for pre-adolescents are identified and described as per RDAs for macro and micronutrients, policies and guidelines</p>
8. Demonstrate knowledge in nutrition for adolescents (13years-19 years)	<p>8.1 Nutrition related terminologies for adolescents are identified as per the existing policies and guideline</p> <p>8.2 Developmental changes in adolescence are described as per resource materials</p> <p>8.3 Nutrition vulnerabilities for adolescents are identified and described as per resource materials</p> <p>8.4 Nutrition requirements for adolescents are identified and described as per RDAs for macro and micronutrients, policies and guidelines</p> <p>8.5 Factors influencing dietary practices and food choices are identified and described as per resource materials</p>

9. Demonstrate knowledge in nutrition for adults (20years-60 years)	<p>9.1 Nutrition related terminologies in adulthood are identified as per the existing policies and guideline</p> <p>9.2 Nutrition vulnerabilities and habits with nutrition implication are identified and described as per categories of adulthood</p> <p>9.3 Nutrition requirements for early adulthood (20-40 years) are described as per RDAs for macro and micronutrients, policies and guidelines</p> <p>9.4 Nutrition requirements for mid adulthood (40 years-60 years) are described as per RDAs for macro and micronutrients, policies and guidelines</p>
10. Demonstrate knowledge in nutrition for older persons/geriatric nutrition (60years and above)	<p>10.1 Nutrition related terminologies for older persons are identified as per the existing policies and guideline</p> <p>10.2 Nutrition assessment for the older persons are identified, described and demonstrated as per resource materials</p> <p>10.3 Physiological, psychosocial and economic changes for older persons are described as per resource materials</p> <p>10.4 Meal planning for the older person is described and demonstrated as per resource materials</p> <p>10.5 Nutrition requirements for the older persons are identified and described as per RDAs for macro and micronutrients, policies and guidelines</p> <p>10.6 Nutrient drug interactions for the older persons are identified and described as per resource materials</p> <p>10.7 Interventions for the older persons in Kenya are identified and described as per existing policies</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. Stages in the life cycle	<ul style="list-style-type: none"> • Pre-pregnancy • Pregnancy • Lactation

	<ul style="list-style-type: none"> • Infancy • Pre-school age • Pre-adolescents • Adolescents • Adulthood/early adulthood/mid adulthood/late adulthood or older persons
2. Stages of pregnancy	<ul style="list-style-type: none"> • Implantation/first trimester • Cellular differentiation/second trimester • Growth/third trimester
3. Nutrition requirements	<ul style="list-style-type: none"> • Calories • Carbohydrates • Proteins • Fats • Vitamins • Minerals • Water

REQUIRED KNOWLEDGE AND UNDERSTANDING

The individual needs to demonstrate knowledge of:

Knowledge

- Anatomy and physiology
- WHO guidelines
- WFP guidelines
- Macro and micro nutrients

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: 1.1 Identified terminologies in nutrition in the life cycle 1.2 Demonstrated knowledge of nutrition during pre-pregnancy 1.3 Demonstrated knowledge of nutrition during Pregnancy 1.4 Demonstrated knowledge of nutrition during Lactation 1.5 Demonstrated knowledge of nutrition during infancy(0-24 months) 1.6 Demonstrated knowledge of nutrition for preschoolers (25-59 months) 1.7 Demonstrate knowledge of nutrition for pre-adolescents (6years-12 years) 1.8 Demonstrate knowledge of nutrition for adolescents (13years-19 years) 1.9 Demonstrated knowledge of nutrition for adults (20years-60 years) 1.10 Demonstrated knowledge of nutrition for older persons/geriatric nutrition (60years and above)
2. Resource Implications	The following resources must be provided: 2. 1Nutrition books 2. 2Food models 2. 3Counselling cards 2. 4Food lab
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: 4.1 On the job 4.2 Off the job 4.3 In work placement (attachment) 4.4 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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