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## The Role a Nutritionist

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### Assessment 15

Total Marks 30

Q.2. Short Questions: (21)

All Questions carry equal marks.

- i. What is the role of a nutritionist in a society?
- ii. Briefly describe the qualities of a good nutritionist?
- iii. When giving dietary advice why is it important to consider people's financial circumstances?
- iv. Why is it important to consider a person's life style when giving dietary advice?
- v. Describe the stages in the implementation of dietary advice.
- vi. Why is it important for a Nutritionist to know a complete picture of the person's medical and family history before giving any dietary advice?
- vii. At which stage in the nutrition advice the client's goals and objectives are discussed and why?

**Project:** (9)

You are to take on the role of a Nutritionist. Your job is to first assess the energy requirements of two clients of your choice, then given them a complete dietary advice completing all the stages involved in the process of dietary advice. In the end develop complete reports on the dietary plans you recommended including a breakdown of the nutrients, and explain how these will meet the client's needs.