

# The Role of Nutritionist

## ASSESSMENT # 15

Total Marks: 30

- Q1. Short Questions: (21) All Questions carry equal marks.
- i. What is the role of a nutritionist in 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 lifestyle 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 are the client's goals and objectives 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 give them complete dietary advice completing all the stages involved in the process of dietary advice. At 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.