

SYLLABUS
of
Certificate course Diet Assistant

Session: 2018-19



The Heritage Institution

KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)

**Scheme of Studies and Examination
Certificate Course Diet Assistant**

Semester I						
Course Code	Course Name	Course Type	Marks			Examination time (in Hours)
			Total	Ext.		
				L	P	
CDAL-1281	Diet Assistant	C	75	75	-	3
Total			75			

CERTIFICATE COURSE IN DIET ASSISTANT
(Session 2018-2019)
(Theory)

COURSE CODE: CDAL-1281

COURSE OUTCOMES

Upon Completion of this Course the student should be able to:

CO1:- To identify different healthcare system and functions of hospitals and facilities provided by dietetics department.

CO2:- To develop the role and functions of diet assistant.

CO3:- To develop the knowledge about food and nutrition.

CO4:- To develop the knowledge about balanced diet and food groups.

CO5:- To enhance the knowledge of personnel hygiene of diet assistant. Teach them different aspects of healthy living.

CO6:- To enhance the soft skills of communication of diet assistant.

CO7:- To develop the knowledge about art of effective communication

CERTIFICATE COURSE IN DIET ASSISTANT
(Session 2018-2019)
Diet Assistant
(Theory)
COURSE CODE: CDAL-1281

Time: 3 Hours

Max. Marks: 75

Theory: 75

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

Content:

Unit-I

Healthcare system

- Healthcare service providers (primary, secondary & tertiary)
- Hospital functions.
- Food and Dietetics department and its facilities.

Role of the diet assistant

- Functions of diet assistant
- Care of food storage equipment kitchen equipment and articles needed
- Patient comforts and safety
- Ethical behavior and understanding of certain administrative functions

Unit-II

Introduction to food and nutrition

- Balanced diet and food groups

Introduction to dietetics related medical terminology

- Use of dietetics related medical terminology in daily activities with colleagues, patients and family.

Unit-III

Personnel Hygiene of Diet Assistant

- Personnel Hygiene of Diet Assistant
- Healthy living

- Procedures of hand hygiene
- Techniques of grooming
- Techniques of use of PPE
- Vaccination against common infectious disease

Role of Diet Assistant-Sanitation, Safety& First Aid

- Role of Diet Assistant –Sanitation, Safety and First Aid
- Food hygiene and
- Safety
- Common emergency conditions and what to do in medical emergencies
- Describe the basics of first aid
- Understanding and precautions and precautions to ensure self safety

Unit-IV

Soft Skill and Communication-I

- Art of effective communication
- Effective Communication with patients & family
- Effective communication with peers / colleagues using medical terminology in Communication