

## **PROFILE OF SKILLS AND COMPETENCES**

General competence:

Design diets suited to individuals and/or groups and control the quality of human nutrition, analysing feeding behaviour and nutritional requirements; programme and implement educational activities to improve feeding habits, under appropriate supervision.

Competence units:

1. Organising and managing, at the appropriate level, the relevant work area within the unit/office.
2. Designing and monitoring diets suited to individuals and groups in accordance to their nutritional requirements.
3. Designing and monitoring diets suited to patients and groups in accordance to their specific pathology.
4. Controlling and monitoring the qualitative composition of food in order to determine its hygienic and dietetic quality.
5. Monitor the preservation, handling and transformation of food for human consumption.
6. Promoting the health of individuals and communities through nutritional education based on health promotion and education activities.

## **RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE CERTIFICATE**

Occupations or jobs:

- ✓ Expert in dietetics and nutrition.
- ✓ Dietitian.
- ✓ Food manager in catering companies.
- ✓ Expert in food hygiene.
- ✓ Nutritional adviser.
- ✓ Health educator.