

Skills and responsibilities of a nutritionist



**ASSIGN
BUSTER**

- Monica Suzanne B. Castro

Career Investigated: Nutrition/Diet Specialist

Part 1: Educational and Career Goals

There are many reasons why I chose to study nutrition. A) I will have opportunities in various fields that involve advising people on what to eat, so jobs often are easier to come by than they are in other fields. B) I will be able to work with those who are ill or need a special diet, in which case a hospital, nursing home or treatment center may be the best option for a job. C) I can become a private nutritionist, all types of people can come to me for advice on how to eat right.

The nutrition industry is a field of healthcare focused on improving everyday health and state of well-being. I enjoy activities often associated with nutrition and fitness including yoga, running, outdoor activities, meditation, healthy diet, organic living, and more. My goal is to further my education, get certified and become a nutrition specialist. As the health and fitness trend is sweeping the world, it is affecting and revolutionizing the health industry like never before. The demand for young, ambitious health and wellness graduates is continuously rising and a myriad of great job opportunities are opening up in different fields of nutrition science. With the growth in this industry there is an increasing scope of enjoying a successful career in this exciting field of healthcare. It is hard work, and for the dedicated, the pay can be very good to excellent. But I would do it because I want to share my knowledge and help other people, not for the money.

Part 2: Employment Opportunities and Applications of Applied Learning

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1. Potential Employers

1. Job title: Nutrition Specialist

GENERAL PURPOSE: Under close supervision, prepares hot and nutritious meals for homebound individuals and senior citizens.

Qualifications

Education and Experience: Two (2) years of meal preparation experience OR an equivalent combination of education and experience providing requisite skills to successfully perform position requirements.

Special Requirements: Must possess Food Handler's Card at time of hire.

Physical Demands / Work Environment: Works in an industrial kitchen and senior center facility. Must be able to lift up to 50 lbs. without assistance, greater than 50 lbs. with assistance or use of mechanical aid.

Miscellaneous Information

Reports To: Community Center Manager **Supervision Exercised:** None

2. Job Title: Nutrition Specialist/Outreach Worker

PREFERRED MINIMUM QUALIFICATIONS

Graduation from high school or GED equivalent, with previous public contact work experience preferred. Previous supervisory experience preferred. Two years of Food Service training required.

Knowledge, Skills, and Abilities:

(A) Ability to learn standard Microsoft software and Food Works software.

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(B) Ability to obtain yearly Food Safety & Sanitation Training.

(C) Ability to obtain CPR and First Aide training.

(D) Ability to drive a motor vehicle.

(E) Ability to handle stressful situations.

(F) Ability to perform duties with a high degree of attention to detail with a high degree of accuracy.

(G) Ability to establish and maintain effective working relationships with Older Americans staff and the general public.

3. Job Title: Nutrition Specialist

Qualifications:

Two years' experience as a cook in a non-fast food restaurant or healthcare setting.

Familiarity with basic kitchen principles, portioning, stock management.

High School Diploma or equivalent,

Oregon Food Handler's card

ServSafe Certification preferred.

Experience growth and development through our continuous training, as well as tuition and licensure reimbursement, or pursue opportunities to advance both clinically and administratively with Youth Villages.

4. Job Title: Nutrition Assistant

In this position you will:

- Assemble and deliver patient, visitor, and staff meal orders in a high-volume, fast-paced environment to patients' rooms or designated location.
- Visit patients who did not place a meal order and assist them as appropriate
- Maintain cash bank and process cash sale orders
- Retrieve meal trays from patients rooms

Required qualifications for this position include:

- High school Diploma or GED
- Related customer service experience

5. Job Title: Nutrition Services Substitute

Essential job functions include the following:

- Assist with preparation of meals according to specifications from the Cook Manager, Head Satellite Cook or Nutrition Services Specialist.
- Clean all food service equipment and preparation and service areas; wash dishes, pots, pans and utensils used in preparation and service of meal.
- Set up serving line and gather carts, trays, napkins and utensils; place items in proper location for customers.
- Serve food to students and staff.

Other functions of the job include but are not limited to the following:

- Operate computerized register (Point of Sale System).

- Attend workshops and in-services for continued professional growth and training.

- Other duties as assigned.

Knowledge, Skills And Abilities Required:

To perform this job successfully, an individual must be able to perform each essential duty satisfactorily. The requirements listed below are representative of the knowledge, skill, and/or ability required. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

- Understand and follow oral and written directions.
- Understanding of sanitation and safety practices related to handling and serving food.
- Ability to use standard kitchen equipment, utensils and measurements.
- Basic food preparation including washing, cutting and assembling food items and ingredients.
- Regular attendance.

Physical Requirements:

Continuously stand, reach with one or both hands, lift up to 15 pounds; frequently twist, lift up to 40 pounds, push and pull up to 15 pounds; occasionally crouch, kneel, stoop, lift up to 50 pounds.

2. Potential Customers In My Local Area

1. Rachel Geller – She is interested in getting a personal nutritionist. She is trying to eat healthier and shed some unwanted pounds.

In order to accomplish her goals, I have to discuss and tackle her personalized eating and exercise plan, she will have to start off slow and eventually work her way up, to an everyday “ natural” routine. She will have to start a daily food diary; it will aid her in keeping track of her daily calorie intake. It will also aid her by showing what recommendations she need and how much of them she need, that way she can fulfill her daily nutritional recommendations.

3. The Skills I Have Obtained Nowadays, the requirement for academic achievement play less important role as compared to the soft skills. Competitive world has led the organizations set up their recruitment based on other non-academic factors. Knowledge is being gained through experience, not from the formulae from the prescribed syllabus. The knowledge gained from syllabus 3 years ago is not necessarily applicable in today’s scenario. Therefore, students like me have to update ourselves with general knowledge and current issues happening in the world.

I believe that in applying all of my lifelong studies, the lifelong study definitely increase my general knowledge and skills. I am more sensitive about the dynamic environment, have higher flexibility to make my future career as a nutritionist better.

Part 3: Continuing Education and Career Development

I want to further my education in nutrition sciences by researching and taking online programs. I believe in long life learning and self-paced studies. It will give me many opportunities to intensify my skills while pursuing my occupation. Having access to World Wide Web all over the world, with the information I need at my fingertips will propel me to a higher level of intellectual aptness. The immense number of nutrition programs available over the internet enables me to arm myself with the knowledge needed to aid me on any project or endeavor that I may attempt. Ashworth College is one of those ideal online institution that helped me pursue my dreams and ambitions to become a nutritionist. It goes above and beyond the call of duty to ensure that its students become useful members of society. As I commence my journey into real life challenges, Ashworth College will be my guide making sure that I follow the right track into the future.

1. Two Universities I plan to apply after Ashworth College:

1. Kaplan University – Bachelor of Science in Nutrition Science

Total Core Credits: 33

Total Program Credits: 180

In this program you will explore various topics, concepts, values, research methods, and applications in nutrition science.

Your coursework will focus on:

Exploring the principles and pharmacology of nutrition and how dietary choices can contribute to a healthy lifestyle

Acquiring an understanding of digestion, absorption, and metabolism of foods and nutritional needs at various stages of the life cycle

Developing the administrative, ethical, and professional skills necessary for leadership positions throughout the health care field

Completing an original comprehensive capstone project that demonstrates your ability to apply your nutrition science knowledge and skills to real-world scenarios

2. University of South Dakota – Bachelor in Health Sciences

This online Health Science degree program provides the opportunity for students with an interest in the health professions to explore the many opportunities in the field and to develop the knowledge, values and interpersonal skills needed to be successful in today's health and human service settings.

2. Certifications Related to My Field of Study

1. The Certification Board for Nutrition Specialists (CBNS) – The Clinical Nutrition Certification Board (CNCB) is a 501(c)(3) non-profit

Tax-exempt certification agency which provides professional training, examination and certification for health care organizations, specialty credentialing programs and state license/certification examinations.

The Purpose of Certification

The Certified Clinical Nutritionist (CCN) Examination

Establishes reputable standards of excellence

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- * Creation of a quality examination, based on a validated scope of practice which appropriately represents the field of clinical nutrition
- * Candidate access to the broad scope of clinical nutrition training and
- * A mechanism for re-certification every five years, recognizing continued competency in the field.

The CCN Examination Candidate must:

1. Satisfy the CORE Requirements
2. Submit Credential Review Application and College Transcripts
3. Obtain Credential Review Approval
4. Complete the Post Graduate Studies in Clinical Nutrition

Program (PGSCN) TM

5. Achieve a passing score on the written CCN Examination

The CCN Examination processes and the examination data bank are reviewed and revised annually, in accordance with the specifications of the Role Delineation Study.

The CNCB utilizes a criterion referenced passing point for each section of the certification examination.

To obtain a Certificate of Completion in the field of Clinical Nutrition ONLY:

Candidate does not meet the minimum standard in core coursework or degree(s).

1. Submit your Candidate Profile Page to the CNCB.
2. Complete the 56 hour PGSCN course to obtain a Certificate of Completion in the field of Clinical Nutrition through the Clinical Nutrition Certification Board.

MAINTAINING THE CERTIFICATION

The CCN Credential requires on-going maintenance to verify that the practitioner is

continuing to update knowledge and skills:

Forty approved CE Hours every 2 years, fulfilled by the following;

1. Attendance at “ three out of four” IAACN Annual Scientific Symposiums (60 CEs earned).
2. Payment of Annual CNCB Maintenance Fee. (No refunds in part or in full)
3. Recertification in the spring of your fifth year via annual study textbooks with contracted Open Book Exam. Recertification Text books total 24 CE hours.

The CCN Continuing Education Maintenance Requirement of attendance at

3-out-of-every-4 IAACN Scientific Symposiums will satisfy the above stated

CE requirements.

Part 4: Job Application Details

Applicant's

Name

(last)CastroFi
rst

Social
Security
#:

Middle

InitialB.
Monica

518-50-
7839

Suzanne

Mailing

Address

(Number)

Street

1632 N

Normandie

Avenue, Apt

315

CityLos

AngelesZip

code90027

StateCaliforni

Work
Telephon
e #

(323)

345

5839

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Education

Name of School	Location of School	Degree or Course of Study	Date Completed
FT Career College	Los Angeles, CA 6625	Nursing Assistant	May 2013
Ashworth College	The Corners Parkway, Suite 500 Norcross, Georgia 30092	Nutrition, Diet and Health Science	March 2014

Employment

History –

Begin with

your most

recent job.

List Job

Separately

Job Title:

Nursing

AssistantDate

s worked

from2012 to

Present

	Name of
Name of	Supervis
Employer:	or:
Mark Auria	Estelle
	Francia

Duties

Performed:

Experienced

ambulatory

and non-

ambulatory

elderly

patients.

Administered

medication,

documented

food and fluid

intake,
measured
and charted
vital signs,
prepared
meals,
provided
personal care
including
feeding,
grooming
and dressing.

PERSONAL

REFERENCES:

List the
names of
references
that
employers
may contact.

1 Name	Telephon Relations
Noelia Black	e # hip (323) Instructor 345

8709

Address:

CityState

123 Easton

Bld., Los

Angeles CA

Zip

code90078

Telephon

2 Name	e #	Relations
April Sky	(434) 346	hip Teacher
	7563	

Address: City

State

564 Walnut

Drive Los

Angeles CA

Zip

code90045