

Career Opportunities in Clinical Nutrition

RATIONALE / OBJECTIVES

As people become more aware of nutrition, the demand for more information about foods and their nutritional value will increase, and the role of nutrition-related occupations will continue to expand. The student will identify career options related to dietetics and nutrition.

TEKS: 121.24 3A, 3B, 5A, 5B, 5C, 5I

TAKS ELA 1, 3, 4, 5, 6

KEY POINTS

- I. Dietetic Technician – provide food service management or nutritional care services under the supervision of a registered dietitian.
 - A. Responsibilities
 1. Assists a clinical dietician in interviewing clients and taking diet histories.
 2. Designs meal plans based on established guidelines.
 3. Provides routine dietary counseling.
 4. Educates clients regarding specific nutritional requirements.
 - B. A dietetic technician program consists of a two-year associate degree combining classroom and supervised practical experiences.
 - C. Graduates of programs approved or accredited by the Commission on Accreditation/Approval for Dietetics Education (CADE) of the American Dietetic Association are eligible to take the Registration Examination for Dietetic Technicians to become credentialed as a dietetic technician, registered (DTR). Registration is voluntary.
- II. Dietary Manager / Dietetic Assistant - provide foodservice and nutritional care under the direction of a dietitian or dietetic technician.
 - A. Responsibilities
 1. Assisting in preparing, delivering, and serving meals to patients.
 2. Oversee kitchen facilities – Receive and store food.
 3. In most nursing homes and hospitals, dietary managers are the department head.
 - B. Completion of an approved 120-hour academic program and 150-hour field experience is required. The course may be taken at a community college, a vocational/technical school, or through an approved correspondence program.
 - C. Certification is voluntary. Graduates from Dietary Managers Association (DMA)-approved programs are eligible to take a certification exam offered by the Certifying Board of Dietary Managers (CBDM) to become a certified dietary manager (CDM).
- III. Nutritionist – educate the public on the role healthy eating habits play in the promotion of wellness and the prevention of disease. (Many nutritionists are also registered dietitians.)
 - A. Responsibilities
 1. Developing and implementing nutrition programs,

2. May decrease malnutrition, maintain and promote health, and control disease for individuals and communities.
- B. Education
1. A bachelor's degree in dietetics or nutrition is the minimum educational requirement
 2. A Graduate degree is required for a nutritionist to be employed as a teacher, researcher, or a public/community health nutritionist.
- C. Licensure/Certification
1. Nutritionists are licensed by the Dietetics and Nutrition Practice Council and regulated by the Agency for Health Care Administration.
 2. Certification is voluntary and may be obtained from the American Dietetic Association (ADA).
- IV. Dietitian
- A. Responsibilities
- Assess the nutritional needs of sick and healthy people to develop and implement nutrition programs based on individual needs
- B. Areas of Specialization
1. Management dietitians-plan, organize, and manage staff in large-scale foodservice systems that procure, prepare, and serve food to customers.
 2. Clinical/therapeutic dietitians-work with a health care team to manage the dietary needs of individual patients through assessment, planning, counseling, and evaluation; may work in specialty areas.
 3. Community dietitians-develop and implement nutrition programs to prevent disease and promote good health among groups in the community.
 4. Research dietitians-conduct research in food and nutrition and provide information for nutritional recommendations.
- C. Educational Requirements
1. Coordinated Program (CP) is a bachelor's or master's degree program that combines classroom and supervised practical experience and is accredited by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association (ADA).
 2. A Didactic Program in Dietetics (DPD) is an academic program, providing at least a bachelor's degree that is accredited by the CADE of the ADA.
- D. Licensure
1. Graduates of an American Dietetic Association (ADA)-accredited program are eligible to take an examination administered by the Commission on Dietetic Registration of the ADA to become RDs.
 2. Licensure as a dietitian (LD) is granted through the Texas State Board of Examiners of Dietitians.

ACTIVITIES

- I. Interview a dietitian about their career. Include questions about nutritional care plans and food safety practices.
- II. Investigate websites or the classifieds for job opportunities in a clinical nutrition area. Compose a cover letter, complete application, and resume in response to one of the ads.

MATERIALS NEEDED

<http://www.hotjobs.com>

<http://stats.bls.gov/ocohome.htm>

Occupational Outlook Handbook

<http://www.cncb.org/default.htm>

Clinical Nutrition Certification

Newspapers with Classifieds Adds

Computer with internet access

H.O.T. Jobs

Job Application

Sample Cover Letters

ASSESSMENT

Resume Rubric

ACCOMMODATIONS

For reinforcement, the student will design a career poster for various career opportunities in the clinical nutrition field.

For enrichment, the student will plan, set up and conduct a mini-career fair, representing a variety of clinical nutrition careers.

REFLECTIONS

Résumé Worksheet

Heading _____

First Name Middle Initial Last Name

Street Address, Apt.Number, City, State, Zip Code

Area Code, Telephone Number E-Mail

Objective _____

Name the position you are seeking

Education _____

Year completed Award School's Name City, State, Zip

List two or three courses which would impress an employer

Courses _____

Name the first skill needed for your occupation and give an example of how you have used it.

Name the second skill needed for your occupation and give an example of how you have used it.

Work History _____

Date(s) of employment, duration, title, employer, job description, three or four responsibilities.

Honors & Awards _____

Clubs & Organizations _____

Hobbies / Special Interests _____

Three personal references: List name, title, employer, address, city, state, zip code, phone number, and how long this individual has known you

APPLICATION FOR STUDENT EMPLOYMENT			
Personal Information			
Date		Social Security Number	
Last Name		First	Middle
Street Address			
Mailing Address			
City, State and ZIP			
Phone Number		E-mail	
Employment Desired			
Position		Date you can start	
Are you employed now?			
If so, may we inquire of your present employer?			
Hours available for work: _____ Mon _____ Tues _____ Wed _____ Thur			
Weekend hours available for work: _____ Fri _____ Sat. _____ Sun			
Education			
Elementary School			
Location (city and state)		Years attended	
Junior High			
Location (city and state)		Years attended	
High School			
Location (city and state)		Years attended	
College or Trade School			
Location (city and state)		Years attended	
Special Skills or Major Courses of Study:			
Computer Skills:			
What foreign languages do you speak and read fluently?			
Activities and Athletics:			
Honors:			
Former Employers-List last two employers, starting with the last one first			
Name and address of employer			
Name of supervisor		Telephone No. of supervisor	
Dates worked		Duties	
Name and address of employer			
Name of supervisor		Telephone No. of supervisor	
Dates worked		Duties	
References-List names of persons not related to you who know you well			
Name	Phone	Position	Years Known

Name	Phone	Position	Years Known
Name	Phone	Position	Years Known
Authorization			
I authorize investigation of all statements contained in this application. I understand that misrepresentation or omission of facts called for is cause for dismissal. I understand and agree that my employment is for no definite period and			
may, regardless of the date of payment of my wages and salary, be terminated at any time without any previous notice			
Signature:			Date

Candidate Name
Address
City, State Zip Code
Date

Name
Title
Employer Company
Address
City, State Zip Code

Salutation:

Paragraph 1 – Introduction: State the purpose for writing and express a desire for the position. Identify resources of information (responding to an advertisement; referral of another individual)

Paragraph 2 – Qualifications: State significant training / experience, qualifications for the vacancy. Information should be brief because a more detailed list may be found in a résumé. Explain reasons for a desire to be employed by this company.

Paragraph 3 – Enclosures / Attachments: Make note of any enclosures (résumé, transcripts, and references). Draw attention to any important data that might be beneficial to hiring. List any material that can be made available upon request.

Paragraph 4 - Sign off: Last chance for a final reminder. Thank the employer for considering the application for this opening. Be sure to include vital information.

Closing,
Your Signature
Typed Name
Title

Candidate Name
Address
Cty, State Zip Code
Date

Name
Title
Employer Company
Address
City, State Zip Code

Salutation:

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