

Prompt card for Dietitian

In this activity you will be looking for data from a variety of sources to support your client with their dietary needs. By working together, you should be able to produce a report that supports your client in making choices around their nutritional needs.

Food	Mass	Kilocalories
Pasta	70g	263.8
Bacon	50g	229.7
Courgette	100g	16.5
Mushroom	50g	14.3
Sweetcorn	50g	49.3
Cream	30g	101
Cheese	5g	21
Total		695.6



Activity 1: Calculate your client's daily energy needs

1. Open Page 4 of the booklet
2. Ask your client for their BMR and PAL data.
3. Calculate their daily energy needs by using the formula in the booklet.

Activity 2: Calculate portion of daily energy needs for your client's dinner

1. Inform your client of the fraction of Daily Energy Needs they require from their dinner.

	Max	Lucy	Peter	Olan
Fraction of Daily Energy Needs from Dinner	$\frac{1}{3}$	$\frac{1}{4}$	$\frac{1}{5}$	$\frac{1}{5}$

2. Using the table on Page 5, calculate your client's daily energy needs for dinner only.

Activity 3: Modify your client's dinner

1. Working with your client, modify the dinner to suit your client's energy needs.

Activity 4: Make recommendations

1. Ask your client to give you any extra information about their inherited factors, dietary or lifestyle choices.
2. In collaboration with the client, fill in any suggested further amendments to their dinner in the space in the booklet Page 6.