



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Nutrition Assistant Skills For Healthy Eating Programmes Training

Health Sciences and Social Services / Preventive Health

Unit Standard 117007 · NQF Level 2 · 12 Credits · 9 Days

COURSE OVERVIEW

This course equips learners with the skills to assist in implementing healthy eating programmes in community, healthcare, or corporate settings. It covers nutritional principles, menu planning, and client communication to promote wellness and prevent diet-related diseases.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	117007
Accreditation	SAQA Accredited · NQF Level 2 · 12 Credits
Duration	9 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply basic principles of nutrition to support healthy eating programmes.
- Analyze dietary requirements for diverse population groups.
- Implement meal planning and preparation guidelines for balanced nutrition.
- Demonstrate effective communication and motivational skills to encourage healthy eating behaviors.
- Evaluate the impact of nutrition interventions on client health outcomes.

WHO SHOULD ATTEND

- The course is designed for aspiring nutrition assistants, community health workers, and support staff in healthcare facilities, wellness centres, or corporate wellness programmes.

COURSE OUTLINE

Day 1: Introduction to Nutrition and Healthy Eating Programmes

- Overview of nutrition: macronutrients and micronutrients
- South African Food-Based Dietary Guidelines
- Role and responsibilities of a nutrition assistant
- Ethical and legal frameworks in nutrition support
- Introduction to healthy eating programme models

Day 2: Understanding Nutrients and Their Functions

- Carbohydrates: types, sources, and energy balance
- Proteins: amino acids, complete vs incomplete proteins
- Fats: saturated, unsaturated, and essential fatty acids
- Vitamins: water-soluble and fat-soluble
- Minerals: calcium, iron, zinc, and iodine
- Common deficiencies: anaemia, goitre, and rickets

Day 3: Dietary Assessment and Analysis

- Methods of dietary assessment: 24-hour recall, food diary, FFQ
- Food composition tables and databases
- Calculating nutrient intake and comparing to requirements
- Anthropometric measurements: weight, height, BMI, MUAC
- Interpreting assessment results for programme planning

Day 4: Planning Healthy Eating Programmes

- Menu planning principles: variety, balance, moderation
- Portion sizes and the use of hand guides
- Cultural food practices and local food availability
- Budget-friendly meal planning strategies
- Setting SMART goals for healthy eating programmes

Day 5: Nutrition Education and Communication

- Communication models: motivational interviewing, active listening
- Developing visual aids: posters, handouts, and digital content
- Group facilitation skills and interactive activities
- Debunking nutrition myths: detox diets, superfoods, etc.
- Tailoring messages for children, adults, and elderly

Day 6: Food Safety and Hygiene in Programme Delivery

- Principles of HACCP and personal hygiene
- Safe food storage temperatures and cross-contamination prevention
- High-risk foods: poultry, eggs, dairy, and ready-to-eat foods
- Vulnerable groups: pregnant women, children, immunocompromised
- Cleaning and sanitising equipment and surfaces

Day 7: Special Dietary Needs and Chronic Disease Management

- Dietary management of diabetes: carbohydrate counting, GI
- Hypertension: DASH diet, low-sodium strategies
- Obesity: energy balance, behaviour change techniques

- Food allergies: identification, avoidance, and emergency action
- Cultural and religious dietary practices

Day 8: Monitoring, Evaluation, and Programme Adjustment

- Monitoring indicators: attendance, dietary changes, anthropometry
- Evaluation methods: pre/post-tests, feedback forms, focus groups
- Data analysis and interpretation
- Continuous quality improvement in programmes
- Report writing and presentation of results

Day 9: Practical Application and Integration

- Case study: designing a programme for a community or clinic
- Simulation: delivering a nutrition education session
- Peer feedback and self-assessment
- Professional ethics and scope of practice review
- Certification requirements and career pathways

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **12 NQF credits** at **NQF Level 2**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 33,300.00	R 33,300.00
1	In-House	R 43,300.00	R 43,300.00
1	On-Campus (Pretoria)	R 50,000.00	R 50,000.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	20 Aug 2026	On-Campus	Dubai, UAE
11 Aug 2026	21 Aug 2026	On-Campus	Pretoria, South Africa
12 Aug 2026	24 Aug 2026	On-Campus	Abu Dhabi, UAE
13 Aug 2026	25 Aug 2026	On-Campus	Durban, South Africa
13 Aug 2026	25 Aug 2026	On-Campus	Mauritius
14 Aug 2026	26 Aug 2026	On-Campus	Cape Town, South Africa
17 Aug 2026	27 Aug 2026	On-Campus	Pretoria, South Africa
18 Aug 2026	28 Aug 2026	On-Campus	Abu Dhabi, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 117007) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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