

Dietary

Dietary clerks perform clerical tasks such as entry and maintenance of dietary requirements to a database. They also track financial information, such as the number of meals served each day.

Dietary managers are responsible for retail, catering, and tray lines. If an operation is large, there may be one or more managers to help in directing the dietary workers.

Dietary workers

Dietary workers prepare the food and meal trays in the kitchen. They check for accuracy and completeness. They also maintain the storage area for food supplies and ensure practice of sanitary procedures. Dietary workers are trained on the job and can work in any commercial kitchen.

Dietary hosts or hostesses deliver and bring back the meal trays to patients. They distribute and collect menus and help the patients to make complete selections.

A Dietitian's education in Health science involves significant scientific based knowledge in Anatomy, Chemistry, Biochemistry, Biology, Physiology, Nutrition & Medical Science. It is these strong foundations in advanced scientific knowledge equipped with counseling skills and aspects of psychology which enables a Dietitian to assess, analyze, intervene and educate a patient in relation to the diet and disease.

It can be said that in an Interdisciplinary team (consisting of the Physician, Dietitian, Speech Therapist, Physiotherapist, Occupational Therapist, Social worker and Nurses), the Physician and the Dietitian are the two health professionals with the most well rounded knowledge on human biochemistry and physiology.

There are a few different academic routes to becoming a fully qualified Dietitian;

A professional undergraduate Bachelor degree in Dietetics which requires four years of studies or A Bachelor of science degree and a Postgraduate diploma in Dietetics or A Bachelor of science degree and a Masters in Dietetics.

Besides academic education, a Dietitian has to undertake an hospital internship before they are qualified as Dietitians.

All the above qualifies a Dietitian on the same professional level upon graduation. Different grades or level comes with experience and working as a Dietitian for periods of time.