

DIETETICS

DIETKUNDE

WHAT IS DIETETICS?

A dietician can be defined as "... a professional person who is a translator of the science and the art of food, nutrition and dietetics in the service of people whether individually or in the family or large groups, healthy and sick, at all stages of the life cycle". The core business of dietetics is to promote the quality of life of individuals and/or communities by means of nutritional care. This care can be preventive and/or curative. An informed and well-nourished community is a healthy community. The profession broadly comprises three areas of specialisation within the scope of practice:

- Clinical (therapeutic) dietetics, with focus on the nutrition of individuals, either preventive in terms of lifestyle related diseases, or therapeutic in the treatment of diseases.
- Community based dietetics, with the focus to train communities or groups of people aiming to improve health through nutrition.
- The third leg of dietetics is concerned with the management of large-scale food service units where the nutritional needs of clients or patients of these units are considered for normal and therapeutic diets of high quality.

In order to render this professional service, scientific knowledge of the following is necessary: foods and nutrients, man and his nutritional needs in health and disease, the biochemical and physiological foundations of nutrition, the role of nutrition in the causation, progress and management of diseases, as well as knowledge of the human sciences, e.g. psychology and anthropology, in order to understand eating behaviour.

SCHOOL SUBJECTS

Mathematics and Physical Science (at least a D symbol) are prerequisites to be considered for selection.

TRAINING

UNIVERSITY

The four-year degree in Dietetics includes practical training.

CAREER OPPORTUNITIES

The dietician in private practice provides nutritional counselling to patients referred by a physician. Normal nutrition, for example sports nutrition, also presents exciting opportunities for consultation. He/she can also offer his/her expertise to food services or other private companies, such as the pharmaceutical industry.

WAT IS DIETKUNDE?

'n Dieetkundige of voedingkundige kan gedefinieer word as "... 'n professionele persoon wat 'n vertolker is van die wetenskap en kuns van voedsel, voedingsleer en dieetkunde tot die diens van mense, hetsy individueel, in gesinsverband of in groot groepe, gesond en siek, in alle fases van die lewensiklus". Die kernfunksie van dieetkunde is om die kwaliteit van lewe van individue en/of gemeenskappe te bevorder deur middel van voedingsorg. Hierdie sorg kan voorkomend en/of genesend wees. 'n Ingeligte en welgevoede gemeenskap is 'n gesonde gemeenskap. Die beroep bestaan hoofsaaklik uit drie spesialisareas:

- Kliniese (terapeutiese) dieetkunde, met die klem op voeding van individue, hetsy voorkomend in terme van lewensstyl- verwante siektes, of terapieus in die behandeling van siektes.
- Gemeenskapsgebaseerde dieetkunde, met die doel om gemeenskappe of groepe mense op te lei en daardeur gesondheid deur voeding te verbeter.
- Die derde been van dieetkunde hou verband met die bestuur van grootskaalse voedseldienseenhede waar die voedingsbehoefes van kliënte of pasiënte van hierdie eenhede oorweeg word vir normale en terapeutiese diëte van hoë gehalte.

Ten einde hierdie professionele diens te lewer is wetenskaplike kennis van die volgende noodsaaklik: voedsel en voedingsstowwe, die mens en sy voedingsbehoefes in gesondheid maar ook in siektetoestande, die biochemiese en fisiologiese basisse van voeding, die rol van voeding in die oorsake, ontwikkeling en bestuur van siektes, asook kennis van die geesteswetenskappe, bv. sielkunde en antropologie, ten einde eetgedrag te verstaan.

SKOOLVAKKE

Wiskunde en Wetenskap (ten minste 'n D-simbool) is vereistes om oorweeg te word vir keuring.

OPLEIDING

UNIVERSITEIT

Die Dieetkunde graad duur vier jaar en sluit praktiese opleiding in.

BEROEPSMOONTLIKHEDE

Die voedingkundige in privaatpraktyk voorsien voedingsvoorsorg aan pasiënte wat deur 'n mediese dokter verwys word. Normale voeding, byvoorbeeld sportvoedingsbehoefes, bied ook opwindende geleenthede vir konsultasie. Die dieetkundige kan ook sy/haar kundigheid aanbied aan voedseldienseenhede of ander privaatmaatskappye, soos die farmaseutiese bedryf.

