



Participant Handbook

Sector
Healthcare

Sub-Sector
**Allied Health &
Paramedics**

Occupation
Diet Assistant



Reference ID: **HSS/ Q 5201, Version 1.0**
NSQF level: 4

Diet Assistant

Healthcare Sector Skill Council

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Shri Narendra Modi
Prime Minister of India

“ Skilling is building a better India.
If we have to move India towards
development then Skill Development
should be our mission. ”



Certificate

COMPLIANCE TO QUALIFICATION PACK – NATIONAL OCCUPATIONAL STANDARDS

is hereby issued by the

HEALTHCARE SECTOR SKILL COUNCIL

for

SKILLING CONTENT : PARTICIPANT HANDBOOK

Complying to National Occupational Standards of

Job Role/ Qualification Pack: "Diet Assistant" QP No. "HSS/ Q 5201, NSQF Level 4"

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Authorised Signatory

(Healthcare Sector Skill Council)

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HSSC dedicates this book to youth of the country who desire to learn specialized skills, an invaluable asset for making a career in the Healthcare Sector and wish to be part of the most Nobel profession of saving life.

For Healthcare Sector Skill Council

Dr Shubnum Singh

(Chairperson, HSSC Content Approval Committee)

For Healthcare Sector Skill Council

Mr. Ashish Jain

(Chief Executive Officer)

About this book

This Participant Handbook is designed to enable training for the specific qualification Pack(QP). Each National Occupational (NOS) is covered across Unit/s.

Key Learning Objectives for the specific NOS mark the beginning of the Unit/s for that NOS.

- Maintain hygiene & food safety.
- Store food safely and prevent contamination.
- Handle food safely to avoid contamination.
- Select a therapeutic diet/ menu based on Diet prescription.
- Prepare food safely to maintain nutritive value and avoid contamination.
- Educate patient on dietary restrictions as per instructions from Diet.
- Act within the limits of your competence and authority.
- Maintain a safe, healthy and secure environment.
- Practice Code of conduct while performing duties.
- Follow biomedical waste disposal protocols.
- Follow infection control policies and procedures.

Symbols used in the book have been listed below.

Symbols Used



Key Learning Outcomes



Steps



Time



Tips



Notes



Unit Objectives



Exercise



Skills Practical



OJT

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