

Health Care: A Career For Life

DIETARY AIDE

Job Description

Learn the principles of special diets, safety, sanitation, and general food service operations. Students will become familiar with the classes of nutrients and their functions in the body and how these affect specific chronic diseases. Nutrition needs throughout the lifecycle will be reviewed and discussed. Menu planning, diet adjustments for therapeutic menus, and the principles of quantity food production are also discussed.

PHIA (Personal Health Information Act) and WHIMS workshops are included in the course. Students must successfully complete both workshops to receive a final grade.

This course will provide the knowledge and practical skills you require to help provide safe and nutritious food for clients in health care facilities and related industries.

The course includes both the PHIA (Personal Health Information Act) and WHMIS (Workplace Hazardous Materials Information System) workshops. You must successfully complete both workshops to receive a final grade.

<http://me.rrc.mb.ca/Catalogue/ProgramInfo.aspx?ProgCode=DIEAP-NA&DescriptionType=19&RegionCode=WPG>

ADMISSION REQUIREMENTS

Successful completion of Grade 12.

English Language Proficiency Requirements

English is the language of instruction at the College. As an applicant to the College, you are responsible for a level of English proficiency that is sufficient to participate in all aspects of College study, including lectures, reading, writing and discussion.

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Upon completion of the course, you should be able to:

1. List and describe the various types of health care facilities.
2. List and describe the major functions of the dietetics department in health care institutions.
3. Describe the specific roles within a dietary department.
4. Apply the Canada's Food Guide to Healthy Eating to daily living.
5. Identify the food groups associated with the Diabetes Food Guide.
6. List and describe standard and therapeutic diets used in health care facilities.
7. List and describe the various texture and fluid modified diets.
8. Explain the specific nutrient concerns of persons in institutionalized long term care environments.
9. Understand the basic concepts of menu planning.
10. Display effective handwashing and infection control skills.

SALARY RANGE

\$30,000 – \$35,000

EDUCATION REQUIREMENTS

Completion of Senior 4

**MB's Healthcare
Providers Network**
www.mhpnetwork.ca

MB HEALTHCARE PROVIDERS
NETWORK

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11. Practice basic food safety.
12. Display proper body mechanics in the workplace.
13. Demonstrate effective communication skills for the workplace.
14. List and describe the major classes of nutrients.
15. Identify where to access the nutrient recommendation guidelines for Canadians.
16. Demonstrate the reading of food labels and the application to daily living.
17. Explain the relationship between nutrition and certain chronic diseases.
18. Describe the changes in nutrition needs throughout the lifecycle.
19. Develop attractive menus using appropriate techniques for flavour and appearance combinations.
20. Revise standard recipes into large-scale quantities for food service establishments.
21. Describe how to alter a recipe for the various therapeutic diets.
22. Describe the principles for preparing and portioning foods and beverages.
23. Identify the measures and weights indicated on recipes.
24. Identify the aspects of a well-designed institutional food service establishment.

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WEB LINK

Dietetic Education Programs

www.dietitians.ca

RED RIVER COLLEGE

School of Continuing Education

C116 - 2055 Notre Dame Ave

Winnipeg, MB R3H 0J9

Phone: 204-694-1789 or 1-866-242-7073 (toll free)

Fax: 204-633-6489

E-mail: cde@rrc.ca

<http://me.rrc.mb.ca/Catalogue/ProgramInfo.aspx?ProgCode=DIEAP-NA&DescriptionType=19&RegionCode=WPG>

ASSINIBOINE COMMUNITY COLLEGE

1430 Victoria Ave. East Brandon, MB R7A 2A9

Phone: 204.725.8700 / 800.862.6307

Fax: 204.725.8740

Email: info@assiniboine.net

<http://public.assiniboine.net/programs/continuing-studies/courses/3156/dietary-aide-1>

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