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MINISTER OF EDUCATION, SCIENCE AND SPORT OF THE REPUBLIC OF LITHUANIA

ORDER
ON APPROVAL OF THE DESCRIPTOR OF THE STUDY FIELD OF NUTRITION

20 November 2020 No. V-1806
Vilnius

In accordance with Paragraph 11 of Article 53 of the Law on Higher Education and Research of the Republic of Lithuania:

1. I approve the Descriptor of the Study Field of Nutrition (enclosed).

2. I determine that the higher education institutions have to adjust their study programmes to the Descriptor of the Study Field of Nutrition approved by Clause 1 hereby until 01 September 2021.

3. I recognize Order No. V-821 of the Minister of Education and Science of the Republic of Lithuania of 23 July 2015 “On Approval of the Descriptor of the Study Field of Nutrition” as invalid.

Minister of Education, Science and Sport at interim Algirdas Monkevičius

APPROVED
by the Order No. V-1806 of the Minister of Education, Science and Sport of the Republic of Lithuania of 20 November 2020

DESCRIPTOR OF THE STUDY FIELD OF NUTRITION

CHAPTER I
GENERAL PROVISIONS

1. The Descriptor of the Study Field of Nutrition (hereinafter – Descriptor) regulates the special requirements for the study programmes in the study field of nutrition (G07) that belongs to the group of study fields of health sciences (G). The Descriptor regulates the study field of nutrition in the scope not covered by the General Requirements for the Studies approved by Order No. V-1168 of the Minister of Education and Science of the Republic of Lithuania of 30 December 2016 "On approval of the General Requirements for the Studies".

2. The Descriptor has been prepared in consideration of the Lithuanian Medical Standard MN 32:2015 "Dietitian. Rights, Duties, Competence and Responsibility" approved by Order No. V-825 of the Minister of Health of the Republic of Lithuania of 02 July 2015 "On Approval of the Lithuanian Medical Standard MN 32:2015 "Dietitian. Rights, Duties, Competence and Responsibility", the recommendations of the European Federation of the Associations of Dietitians (EFAD): Academic Standards of the European Federation of the Associations of Dietitians (EFAD) (2018), the International Code of Ethics and Code of Good Practice, and the supplementary documents: the Supplementary Document to the Current EFAD Code of Ethics, the Recommendations of PPC on how to further Improve the Current EFAD Code of Ethics, the European Practice Placement Standards for Dietetics, and the European Pedagogic Standards for Practice Placement.

3. The Descriptor's requirements shall be applied for college studies conducted as full-time or part-time studies.

4. Upon completion of the studies in the field of nutrition, the professional bachelor's degree in health sciences and the dietitian's qualification that are in conformity with the sixth level of the Lithuanian Qualifications Framework and the European Qualifications Framework for lifelong learning, and the first cycle of the Framework for Qualifications of the European Higher Education Area attested by the diploma of professional bachelor's degree and diploma supplement are awarded.

5. The studies in the field of nutrition cannot be provided as studies within the study programmes classified under two study fields and within interdisciplinary study programmes and they cannot be selected as minor studies.

6. There are no special requirements established in the Descriptor for the persons, who would like to be admitted to the study programmes in the field of nutrition.

7. The purpose of the study field in nutrition is to prepare dietitians of higher college education, who would be able to manage the nutrition care process, when needed, to promote the lifestyle that has positive impact on health, to teach the society appropriate nutritional principles, to administer safe and qualitative catering of the societal groups, and to carry out research in the nutritional science.

CHAPTER II
CONCEPT AND SCOPE OF THE STUDY FIELD

8. The nutritional science is a field of science and technologies that is analysing the processes, when the organism is digesting and using food and liquids for its functioning, growth and

development. This field is related to the amount of carbohydrates, proteins, fats, minerals and vitamins in food products, their energy values, and the recommended amount of nutrients according to the person's age, physical activity, gender and health condition.

9. The content of the study programmes in the field of nutrition has to be based on the requirements specified in the documents listed in Clause 2 of the Descriptor. The following elements of the content have to be reflected in the study programmes in the field of nutrition:

9.1. human body's structure and functions; age-related peculiarities, physiological and pathological changes;

9.2. composition of food products, food preparation methods and main technologies; changes in nutrients in the course of preparation process;

9.3. assessment of nutrition of persons and/or societal groups and management of nutritional care process;

9.4. health strengthening through promotion of appropriate nutrition and lifestyle habits;

9.5. management of food provision services to persons, societal groups and organisations; requirements for Hazard Analysis and Critical Control Points (HACCP) system in the chain of food preparation;

9.6. the latest evidence-based professional information, health care, proper nutrition policy and legal acts governing its implementation;

9.7. communication psychology and conflict management.

10. Main goals of activities of the specialists in this field:

10.1. to supervise eating/feeding of persons and groups of persons, and to make sure that together with the food, the persons would receive a necessary amount of nutrients. The energy value of the food portion has to be sufficient with regard to the age, gender, lifestyle and health condition;

10.2. to adjust the persons' nutrition and to prepare individual menus in accordance with the identified nutrition problems and present health disorders;

10.3. to supply the persons, society or organisations with safe and qualitative food – to carry out catering on the basis of good manufacturing practice and requirements for Hazard Analysis and Critical Control Points (HACCP) system in the chain of food preparation;

10.4. to consult on the issues nutrition and lifestyle favourable to health, to encourage persons and their groups to choose food favourable to health or to change the lifestyle in order to improve or preserve health and to reduce the risk of diseases related to nutrition;

10.5. to communicate and cooperate professionally with health care specialists and specialists from other fields.

11. The knowledge and skills obtained in the study programmes in the field of nutrition may be applied:

11.1. in personal and public health care institutions that provide health care services to persons of various age groups;

11.2. in health care institutions of national defence and interior affairs systems;

11.3. in social care, custody and educational institutions;

11.4. in physical education and sport centres, rehabilitation and sanatorium institutions;

11.5. in public and private catering institutions;

11.6. in industry (especially food and pharmacy), for the purpose of society's education – in press.

12. The study programmes in the field of nutrition have to reflect the latest information, technologies and innovative ideas.

CHAPTER III
GENERAL AND SPECIAL LEARNING OUTCOMES

13. The learning outcomes in the field of nutrition manifest the skills and knowledge that the student should obtain in the course of studies.

14. The persons, who complete the study programmes in the field of nutrition, should have achieved the following learning outcomes:

14.1. knowledge and its application. The person:

14.1.1. is able to relate nutrition with the knowledge in human anatomy, physiology, pathology, clinical medicine, genetics, immunology, biochemistry, pharmacology, and microbiology, and is able to apply it in professional practice;

14.1.2. recognises risk factors, symptoms, spreading modes and possible complications of the most common diseases; relates pathological processes in human organism to nutrition;

14.1.3. relates the Lithuanian preventive programmes to education of lifestyle favourable to health, by stressing the complex link among person, environment and food;

14.1.4. knows the management tendencies food supply to society, food management requirements and recommendations of suitable nutrition of persons of various age groups;

14.1.5. knows the policy of appropriate nutrition and prevention of chronic diseases related to nutrition of the World Health Organisation, the European Union and the Republic of Lithuania, and the provisions of legal acts implementing that policy;

14.2. research skills. The person:

14.2.1. is able to collect, systemise, analyse and interpret the data, to apply the practice-directed qualitative and quantitative research methods necessary to solve the problems related to nutrition;

14.2.2. is able to use the advanced technologies and information of databases in practice, to compile purposefully and to use properly the nutrition-related confidential information;

14.2.3. is able to apply in practice the knowledge of nutritional science based on the latest evidence and selected by the method of critical assessment, while solving particular problems related to nutrition, and develops the professional activities by introducing novelties of the nutritional science;

14.2.4. is able to discuss the advantages and disadvantages of the nutritional recommendations and algorithms, solves concrete problems related to nutrition, and submits suggestions to the colleagues;

14.2.5. is able to develop and implement the strategies, theories and models of appropriate nutrition, to analyse nutrition and activities;

14.3. social abilities. The person:

14.3.1. is able to apply the person-oriented practice, to communicate and cooperate efficiently with the health care specialists and specialists from other fields, patients (clients) and societal groups in the areas of scientific achievements, latest food preparation technologies, and nutrition, to consult on the issues related to nutrition and lifestyle, to determine and manage ethical dilemmas related to the professional activities;

14.3.2. is able to work independently and/or in the interdisciplinary team, to assume personal and social responsibility for actions and decisions, to act in compliance with professional ethics and public spirit;

14.3.3. is able to take individual peculiarities of the persons, their expectations and influence on nutritional and lifestyle habits;

14.3.4. is able to evaluate the limits of professional activity and responsibility, and provides information according to the competence;

14.4. personal abilities. The person:

14.4.1. is able to assess critically own professional practice, knowledge and skills, to understand the importance of lifelong learning, and to choose learning strategies and methods with regard to continuous progress of nutritional science and practice;

14.4.2. is able to reflect, to solve the problems independently, to make decisions and to assess their impact, and to apply practical knowledge;

14.4.3. is able to strengthen the professional image, to take care about its value and significance in society, and to ensure quality of the evidence-based practice;

14.4.4. is able to express the ideas smoothly and suggestively in writing and orally, to communicate in the professional environment in Lithuanian and at least in one foreign language, to act in compliance with national and international legal acts and international code of ethics, and to acknowledge variety of persons and cultural differences;

14.4.5. is able to convey the information in the performance area to persons and/or societal groups;

14.4.6. is able to assume moral responsibility for impact of performance results in society, economy, welfare and environment;

14.4.7. is able to recognise and respond appropriately to manifestations of corruption.

No. V-1422, 11 December 2024, published in the Register of Legal Acts on 11 December 2024, Identification Code 2024-22018.

14.5. special abilities. The person:

14.5.1. is able to determine the need to supervise nutrition of persons and/or group of persons and possibilities of appropriate nutrition;

14.5.2. is able to assess nutrition and condition of the persons, to determine nutritional problems of the client, patient or group, and to verify the diagnosis of nutrition disorders;

14.5.3. is able to adjust nutrition of the person according to the prescribed dietary treatment, to calculate a nutritional and energy value of the food portion, to prepare menus and technological recipe cards of meals, to supervise implementation of menus, to inspect production of dietary meals, their quality, and to apply the requirements for Hazard Analysis and Critical Control Points (HACCP) system in the chain of food preparation;

14.5.4. is able to teach and consult persons and/or societal groups about appropriate lifestyle and nutrition, to encourage to choose safe and qualitative food, to prepare health strengthening and disease preventive programmes according to the latest achievements of the evidence-based nutritional science and provisions of legal acts;

14.5.5. is able to control and implement the nutrition care process – selection of risk patients, assessment and observation of nutrition and body condition, determination of needs and objectives, to prepare the plan of nutrition care, including the dietary adjustment and adaptation and nutritional support in order to solve nutritional problems, to apply nutrition care plan in practice, to assess its effectiveness and intervene, by providing the person with a choice and taking the person's needs under difficult circumstances related to health, social state or environment.

CHAPTER IV
TEACHING, LEARNING AND ASSESSMENT

15. The teaching, learning and assessment activities have to be organised in such a way so that the students would be able to achieve the aimed learning outcomes.

16. The idea of lifelong learning has to be promoted in the process of the studies. The students should be prepared to assume responsibility for their learning and the feedback between all the participants in the process of studies should assured, as it would guarantee a possibility to analyse systematically and to reconsider the effectiveness of cooperation in the lecture hall and practical training place, and to foresee the improvement perspective of the process of studies.

17. Studying is a process, when the student is learning to analyse critically the ideas and attitudes, pursuing the outcomes of the study programme, and is developing general abilities and professional skills. The process of studies has to be related to performance and dissemination of applied research in the field of dietetics (publication of students' scientific works, presentations in the students' scientific conferences).

18. The teachers and students of higher education institution may use the possibilities of academic mobility and integrate the dimension of international-level knowledge and skills into the study process. The inclusion of positive learning outcomes achieved by the students in the course of academic mobility should be guaranteed.

19. The teaching content has to be updated and improved regularly. The new knowledge, provisions of legal acts and teaching methods have to be integrated into the study process.

20. The traditional, active and investigative methods of teaching and learning may be applied for studies: traditional and interactive lectures, debates, discussions, case analysis, simulations, diaries of practical training, role-playing games, reflexion, demonstration of practical skills, preparation and presentation of report, observation, performance analysis, comparative analysis, method of projects, brainstorming, map of thoughts (concepts), literature analysis, problem-based teaching, modelling, review of information sources.

21. The student's knowledge and abilities shall be assessed according to the assessment system of the student's achievements that has to be approved by the higher education institution and regulated clearly. It should contain the principles of organisation of assessment of achievements, implementation procedure and assessment quality management and it should enable stating that the students completing the study programme have achieved the established learning outcomes.

22. The achieved learning outcomes are graded according to the ten-point grading system in accordance with legal acts. The student's achievements may be measured by a cumulative evaluation, the weight and number of the parts whereof should be described clearly in the description of the study programme.

23. The following assessment methods of the students' achievements are recommended (in writing and orally): test, open questions, assessment and presentation of the students' presentations, objectivised clinical situation when various manipulations are performed in accordance with the competence and under supervision of teacher, preparation of reports of practical training, research work, case analysis, individual work (project) of the student, and examination.

24. The assessment criteria have to be clear, introduced to the students in advance, and be in conformity with the assessment methods chosen by the teacher.

CHAPTER V
REQUIREMENTS FOR IMPLEMENTATION OF STUDY PROGRAMMES

25. The theoretical subjects of the study programme may be taught by persons, who have at least the master's degree or an equivalent qualification of higher education. The person, who has at least the bachelor's or professional bachelor's degree, may supervise practical exercises (practical works, workshops, practical training of students, etc.) of students in colleges.

26. More than half of the teachers teaching the study programmes in the field of nutrition should have at least three-year practical experience in the taught field.

27. The supervisors of practical training must have at least the professional bachelor's degree and at least three-year practical experience in the food-related field.

28. The studies of the field of nutrition end in final thesis (project). The final thesis (project) should serve for the student to express his/her level of knowledge or understanding, ability to analyse the selected topic, to take the earlier works of other persons into consideration, to describe own practical research work, to formulate clear and reasoned conclusions and recommendation on the issue of nutrition of persons and society groups in health diseases.

29. The final thesis (project) has to be defended publicly. The assessment commission of the final thesis (project) shall be formed in the procedure established by the higher education institution.

30. General requirements for material and methodical resources of the studies:

30.1. the higher education institution has to guarantee the needed methodical and other teaching/learning material in the teaching rooms, laboratories, teachers' rooms, libraries and reading rooms. Internet, computers and software are necessary for the studies. The premises have to satisfy the requirements of hygiene and work safety;

30.2. the possibilities have to be granted to the students with special needs (persons with disabilities of sight, hearing or moving) to study.

31. Requirements for practical training:

31.1. the practical training is a compulsory part of the studies, when the student's knowledge, abilities and skills are tested and improved in practical professional activities. The practical training in the field of nutrition studies is organised in order to develop organisational abilities of students to supply food, to train the students' ability to assess nutrition of persons, to prepare technological recipe cards, menus, to organise and implement nutrition care;

31.2. the practical training shall be performed according to the schedule of studies and organised according to the procedure approved by the higher education institution. The teacher supervising practical training has to introduce the programme of the practical training to the students, to specify the learning outcomes of the practical training and assessment criteria of practical training, and to present tasks of independent work;

31.3. part of the time of the practical training shall be spent on individual and group reflexions, evidence-based practical training, and consultations;

31.4. when the practical training is organised, the conditions should be created for experience-based learning when professional activities are linked to education and personality's development;

31.5. when the practical training is organised, the idea of cooperation with the stakeholders is realised:

31.5.1. the supervisors of practical training in the company, institution or organisation (hereinafter – institution) have to be included into the improvement process of the content of practical training's tasks and organisation of practical training;

31.5.2. the higher education institution endeavouring at cooperation quality and integrity of dietetics theory and practical development shall be responsible for organisation of training to supervisors of practical training in the institutions;

31.6. the higher education institution shall offer a list of possible practical training places. Having agreed with the higher education institution, the student may find the place of practical training on his / her own. When the practical training institution is selected, the trilateral agreement shall be made among the student, the college, and the institution, where the student is going to perform practical training.