

### 1. Title of the certificate <sup>1</sup>

**Δίπλωμα Επαγγελματικής Ειδικότητας Εκπαίδευσης και Κατάρτισης Επιπέδου 5 Ειδικότητα Ι.Ε.Κ.:  
ΕΙΔΙΚΟΣ ΕΦΑΡΜΟΓΩΝ ΔΙΑΙΤΗΤΙΚΗΣ**

### 2. Translated title of the certificate <sup>2</sup>

**Vocational Training Diploma Initial Vocational Training (I.E.K.) Level 5. Specialty of I.E.K.:  
DIETETICS APPLICATION SPECIALIST**

### 3. Profile of skills and competences

LEARNING OUTCOMES (KNOWLEDGE, SKILLS, COMPETENCES). A typical holder of the certificate is able to:

#### KNOWLEDGE

- State the basic rules of hygiene and safety in food preparation and processing sites.
- Analyse the properties of the large categories of nutrients: carbohydrates, fats, proteins, plant fibres, alcohol, vitamins and trace elements.
- Describe summarily the digestion procedure for humans and the main enzymes participating therein.
- Specify the key nutritional concepts (calorie/kcal, body mass index, key metabolism).
- Specify the factors affecting the daily nutritional needs of humans per gender and per age.
- Interpret the concepts of obesity, metabolic syndrome, hypothrepsia, nutritional allergy, anabolism, catabolism.
- List the pathological conditions that enforce special nutritional limitations (peptic enzyme insufficiencies, food allergies, cholecystopathy, ulcerous diseases, gastritis, inflammatory bowel conditions, and diabetes mellitus).
- Sufficiency summarise the main nutritional ingredients included in each category of food.
- State the methods employed for measuring the weight using electronic scales.
- Demonstrate the methods for recording and measuring fat using a fat calliper.
- Describe the available electronic devices and techniques for the calculation of the basic metabolism.
- Describe the method for feeding and preparing meals for special categories of patients (e.g. with nasogastric tube (Levin) or gastrostomy).

#### SKILLS

- Order the nutritional programmes and the course of patients / customers, depending on the suggestion of the dietician responsible.
- Check quality and safety during the preparation and packaging of meals, in accordance with the specifications required.
- Plan diets for groups in accordance with the principles of healthy eating (e.g. camps, day-care centres).
- Create special diets based on specific classes of food and dosages, under the supervision of the dietician.
- Execute basic cooking preparations and compositions for a nasogastric catheter, under the instructions of the dietician.
- Measure and record the weight of patients and their body fat, upon receiving the relevant instruction.
- Check the arrangement of the patient's tray, its completeness in terms of food quality and category, in agreement with the diets specified.
- Attend to the continuous examination of the sufficiency and renewal of the required food and consumables related to their preparation.
- Sample the food in order to check the quality and suitability thereof.
- Record, in order to report to the dietician responsible, any problems in the preparation of meals, any unsuitable food and consumables, any patient remarks / intolerances.
- Operate sufficiently the computer and navigate comfortably into the internet.

#### COMPETENCES

- Act in accordance with the ethics and principles of his/her profession.
- Work autonomously with regard to the provision of information about proper nutrition.
- Work under the supervision of the dietician to prepare diets.
- Collaborate effectively with all departments and colleagues of his/her professional area.

### 4. Range of occupations accessible to the holder of the certificate <sup>3</sup>

The holder of this diploma can be occupied as productive executive in slimming institutes, aesthetic and beauty centers, healthy food stores, old people's homes, day nurseries, camps, kindergartens, schools, clinics, hospitals and infirmaries, in the private and public sector as well as a freelancer.

The Vocational Training Diploma is recognised as a qualification for appointment in the public sector falling in the category S.E. (Secondary Education) according to the Presidential Decree no.50/2001 (Greek Official Gazette 39/Vol.A/5-3-2001).

<sup>1</sup> In the original language. | <sup>2</sup> If applicable. This translation has no legal status. | <sup>3</sup> If applicable.

## 5. Official basis of the certificate

### Body awarding the certificate

E.O.P.P.E.P.  
(National Organisation for the Certification of  
Qualifications and Vocational Guidance )  
Ethnikis Antistaseos 41 Avenue, 142 34 N. Ionia  
<https://www.eoppep.gr/>

### Level of the certificate (national or European) <sup>1</sup>

Level 5 National and European Qualifications Framework

### Access to next level of education / training <sup>1</sup>

Yes

### Legal basis

Law 2009/1992 on the National System of Vocational Education and Training  
Law 4186/2013 on the Restructure of Secondary Education  
Law 4763/2020 on National System of Vocational Education, Training and Lifelong Learning

### Authority providing accreditation / recognition of the certificate

E.O.P.P.E.P.  
(National Organisation for the Certification of Qualifications  
and Vocational Guidance )  
Ethnikis Antistaseos 41 Avenue, 142 34 N. Ionia  
<https://www.eoppep.gr/>

### Grading scale / Pass requirements

- a) acquisition of the Vocational Training Certificate (V.E.K.) after successful completion of study at the Vocational Training Institute (I.E.K.)  
b) acquisition of the Vocational Training Diploma after:  
1. success in the theoretical part of Initial Vocational Training certification examinations (Grading scale = 1-20, Pass = 10) and  
2. success in the practical part of the Initial Vocational Training certification examinations (Pass/Fail)

### International agreements on recognition of qualifications<sup>1</sup>

No

## 6. Officially recognised ways of acquiring the certificate

Total duration of the education / training leading to the certificate  
Success in the the Initial Vocational Training certification examinations  
4 semesters (until law 4186/2013) / 5 semesters (after law 4186/2013)

## 7. Additional information

### Entry requirements <sup>1</sup>

Certificate of Upper Secondary School. Qualification of Level 4 (NQF/EQF) // Certificate Vocational Training School (SEK) – Qualification of Level 3 (NQF/EQF)  
Following the voting of L. 4763/2020, only by an Upper Secondary Education certificate or an equivalent title of studies (Qualification of Level 4 NQF/EQF)

### Indicative subjects taught:

Special Subjects of Physics, General Chemistry I & II, Diet Principles I & II, Molecular Biology and Genetics, Anatomy - Physiology I & II, Analytical Chemistry, Microbiology, Human Relations - Communication, Nosology I & II, Food Chemistry, Biostatistics, Biochemistry, Psychosociology and Diet, Diet Preparation Techniques I & II, Biotechnology, Legislation & Ethics, Therapeutic Dietetics, Obesity and Metabolism, Food Inspection and Edibility, Sports and Diet, Psychology and Diet, Healthy Individuals' Diet, Psychology, Diet, Pharmacology, Workspace Hygiene and Safety, Diet Spaces Organisation and Administration, Clinical Pathology, English, Computing.

### More information

National Qualifications Framework : <https://nqf.gov.gr/> and <https://proson.eoppep.gr/en>

National Europass Centre: **EL/NEC - E.O.P.P.E.P.** National Organisation for the Certification of Qualifications and Vocational Guidance, Ethnikis Antistaseos 41 Avenue, 142 34 N. Ionia, Greece. T.0030 2102709000 [europass@eoppep.gr](mailto:europass@eoppep.gr)  
<http://europass.eoppep.gr> [www.eoppep.gr](http://www.eoppep.gr)

<sup>1</sup> If applicable.