

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

**Δίπλωμα Επαγγελματικής Ειδικότητας Εκπαίδευσης και Κατάρτισης Επιπέδου 5. Ειδικότητα Ι.Ε.Κ.:  
ΣΤΕΛΕΧΟΣ ΔΙΑΤΡΟΦΗΣ ΚΑΙ ΔΙΑΙΤΟΛΟΓΙΑΣ**

### 2. Title of the certificate<sup>2</sup>

**Vocational Training Diploma Initial Vocational Training (I.E.K.) Level 5. Specialty of I.E.K.:  
NUTRITION AND DIETETICS TECHNICIAN**

### 3. Profile of skills and competences

Learning outcomes: Knowledge, skills and competences

A typical holder of the certificate is able to:

#### KNOWLEDGE

- Know the anatomical characteristics, the basic physiology principles and the human body's metabolic functions.
- Explain the correlation between various pathological conditions with dietary routine.
- Classify the dietary regimes/disease (e.g. hepatopathies, cardiovascular diseases, kidney diseases, diabetes mellitus, cystic fibrosis)
- Associate the equivalents of foods and their distribution to meals, adhering to current dietary guidelines.
- Determine the changes of food nutrients, based on their preparation techniques.
- Understand the psychological disorders associated with determined dietary options (e.g. bulimia-anorexia-gluttony-orthorexy-aversion).
- Know the legislation governing the dietary centers and multi-functional centers and correlate them with the basic management principles of healthcare services.

#### SKILLS

- Analyze the basic anthropometric data and calculate fed individuals' nutritional needs.
- Communicate effectively with the fed persons as active listener providing guidance and support and correct any nutritional deviations in a context of cooperation.
- Configure the dietary centers and select the necessary and appropriate medical and technical equipment.
- Compose, compile and present the dietary regimes customized to individual needs.
- Perform with accuracy food preparation and meals distribution techniques, to ensure they are prepared in accordance with the suggested diet.
- Keep a customer record and effectively and responsibly serve the customers.

#### COMPETENCES

- Cooperate with other healthcare scientists to achieve a holistic approach in coping with any healthcare problems.
- Acknowledge the attitude and professional liability in issues of confidentiality and customer information security, in accordance with the Code of Ethics and Code of Professional Conduct.
- Guide or/and supervise the human resources of the dietary area or/and food preparation area
- Come up with ideal combinations of dietary regimes and therapeutic methods, estimating patients' needs.

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

The VET graduate of this specialty may be independently employed as dietician-nutritionist, as executive in the catering industry, in multi-functional aesthetics centers, in private and public therapeutic centers-hospitals, in nursery schools and elderly people's homes.

The recognition of I.E.K Diploma as a formal qualification for recruitment in the public sector is governed by virtue of the P.D 50/2001 (Government Gazette. 39 / A' / 5-3-2001), as in effect.

<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	Authority providing accreditation / recognition of the certificate
<p>E.O.P.P.E.P. (National Organisation for the Certification of Qualifications and Vocational Guidance) 41 Ethnikis Antistaseos Avenue, 14234 N. Ionia <a href="https://www.eoppep.gr/">https://www.eoppep.gr/</a></p>	<p>E.O.P.P.E.P. (National Organisation for the Certification of Qualifications and Vocational Guidance) 41 Ethnikis Antistaseos Avenue, 14234 N. Ionia <a href="https://www.eoppep.gr/">https://www.eoppep.gr/</a></p>
<p>Level of the certificate (national or European)<sup>1</sup></p> <p>Level 5 National and European Qualifications Framework</p>	<p>Grading scale / Pass requirements</p> <p>a) acquisition of the Vocational Training Certificate (V.E.K.) after successful completion of study at the Vocational Training Institute (I.E.K.)</p> <p>b) acquisition of the Vocational Training Diploma after:</p> <p>1. success in the theoretical part of Initial Vocational Training certification examinations (Grading scale = 1-20, Pass = 10) and success in the practical part of the Initial Vocational Training certification examinations (Pass/Fail)</p> <p>International agreements on recognition of qualifications<sup>1</sup></p>
<p>Access to next level of education / training <sup>1</sup></p> <p>Yes</p>	<p>No</p>
<p>Legal basis</p> <p>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</p>	

## 6. Officially recognised ways of acquiring the certificate

Success in the Initial Vocational Training certification examinations Total duration of the education / training leading to the certificate: 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 for the specialty:

Anatomy, Physiology, Pharmacology, Nutrition Principles, Food Chemistry, food control and suitability, nutrition preparation techniques, Therapeutic Dietetics, Obesity and Metabolism, Psychology and Nutrition, Organization and Management of Dietary Centers.

### 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.