**ASSIGNMENT**

1: Roles of a nutritionist

**ANSWERS**

1: A nutritionist can play an important role in your health by evaluating your diet and offering you personalized advice.

2: Based on your health goals or medical needs, the nutritionist can make recommendations and put together meal plans.

3: Nutritionists work in many settings, including hospitals, schools, health departments and private practices.

4: Nutritionists develop meals plans, educate on portion control and are qualified to prescribe special diets for the treatment or prevention of diseases, such as heart disease and diabetes.

**Clinical Nutritionists**

Clinical nutritionists work in medical settings, such as hospitals, doctors offices and clinics.

1: These nutritionists are in charge of providing medical nutrition therapy, a therapeutic method used to treat diseases by specifically tailoring the diet.

2: Clinical nutritionists work with doctors and other health care professionals to develop meal plans that provide the appropriate amount of nutrients to patients, based on their medical conditions. Duties may include formulating meals for a feeding tube or providing nutrition education classes for people living with medical conditions.

**Food Service Nutritionists**

1: Food service nutritionists work in school cafeterias, restaurants and other large-scale food establishments.

2: Food service nutritionists also give advice for handling special dietary concerns and food allergies.

**Sports Nutritionists**

1: A sports nutritionist works with athletes and coaches to ensure top athletic performance. Individual plans are developed based on each athlete's nutrient needs.

2: A sports nutritionist also collaborates with athletic trainers to prevent injuries and help recovering athletes. Nutrient timing and proper supplementation are important for workouts, practice sessions and games.

3: A sports nutritionists work for high schools, universities or professional organizations. Individual athletes may also hire sports nutritionists during the off season.