**Reflection: Nutrition Care Process Modules**

I remember this was one of the first modules we did when starting the program. I was already aware of the Nutrition Care Process (NCP) as I did my Bachelor’s in Food Science and Human Nutrition. However, I was happy to get a refresher on each of the NCP steps, since it had been a year since completing my undergraduate degree.

This module was short and gave concise information on the assessment, diagnosis, intervention, and monitoring and evaluation steps of the Nutrition Care Process. I usually don’t enjoy drawn-out courses unless it’s on a topic I particularly enjoy. That’s why I was happy with how the information was presented. The case study was also a nice addition to apply the information we learned in the course.

**Reference**

1. Ncpro.org. Published 2020. <https://www.ncpro.org/encpt-tutorials>

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