



DIETETICS DIGEST

A MONTHLY NEWSLETTER

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HELLO AND WELCOME!

In this month's issue:

- Insights from some of our students
- Department developments
- National Nutrition Week
- Connect with us!

FROM OUR THIRD YEAR STUDENTS

The third year practical experience has been a big learning curve. The work from the previous two years all seems to have come together and it all just adds up now. Living through a pandemic has definitely taught us many things (especially how to time manage with online learning).

“...the previous two years all seems to have come together and it all just adds up now.”





FIRST YEAR EVENTS

The first years completed their first function! They provided food to the elderly living in Aurora. The Chicken a'la King and the moist and delicious chocolate cupcake afterwards were much appreciated!

CONGRATULATIONS!

New Dietetics and Nutrition Board Members inaugurated



Back row (left to right): Ms Piletso Maniza, Mr. Monde Mondl (resigned), Prof. Annelie Gresse, Ms Phumeza Nkontwana
Front row (left to right): Dr Nasheetah Solomons, Ms Hlekani Mbhatsani, Ms Lenore Spies, Ms Rebone Ntsie, Ms Hilleljie Koornhof
Absent: Mr Nluleko Radebe

Two of our staff members, Prof Annelie Gresse (Head of Department) and Mrs Phumeza Mkontwana (Community Nutrition Lecturer), were inaugurated as members of the Professional Board for Nutrition and Dietetics (DNB) in November 2020.



NATIONAL NUTRITION WEEK 2021

National Nutrition Week (NNW) is commemorated each year in October to encourage South Africans to make healthy choices. This is done through themed campaigns.

This year, the theme is "Eat more vegetables and fruit every day" and runs from 9- 15 October. You can follow our social media pages where we will share healthy tips, recipes and more!

This month we sat down with three of our alumni's to find out what they are getting up to. If you would like to see what student and registered dietitians do out in the real world and so much more, make sure to follow our social media pages.



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