

Dietetics



Advantages of Notre-Dame high school

- Group work.
- Individualized follow-up.
- A welcome adapted to somebody's needs.

A network of partners

An association with both economical and social actors had been created. It allows the high-school to work in a close partnership in professional action.

An effective preparation to the exam and what comes after

- Regular mock exams.
- Professional overview: developing autonomy, responsibilities, means of creativity, time management...
- In view of continuing studies: give 120 ECTS credits as part of the LMD plan.
- A success rate above the academic average and convincing results in terms of professional integration and higher studies.

Presentation brochure of the BTS of Dietetics

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Profile

The training is open for all those who have a scientific high-school diploma. The dietitian is a health professional regarding nutrition. In collaboration with doctors, administrators, researchers, he brings his scientific and technical knowledge in order to:

- Check :
 - the quality of the food,
 - the nutritional balance,
 - the respect of hygiene rules.

- Make :
 - diets based on medical prescription,
 - balanced meals.
- Manage :
 - purchases of structures depending on known needs,
 - stocks of food and dietetic products,
 - the staff within a budgetary framework.
- Intervene throughout the food chain:
 - conception,
 - production,
 - distribution.
- Achieve missions about nutrition and hygiene:
 - training,
 - prevention,
 - education.

A training with a professional purpose

The dietitian can work in different sectors.

- In health care facilities (hospitals, convalescent home...) in association with doctors (endocrinologists, nutritionists...).
- In nurseries, canteens.
- In medical and social facilities.
- In catering.
- In sport federations.
- In sea-water therapy centers.
- In training, information, advice and public health care facilities:
 - C.P.A.M.(Caisse Primaire d'Assurance Maladie)
 - P.M.I.(Protection Maternelle et Infantile)
 - D. D.A. S.S. (Direction Des Affaires Sanitaires et Sociales)
- In the liberal sector.
- In food-processing or pharmacology-dietetics industries.

COURSES

Work schedule per week

COURSES	First year	Second year
French, social sciences	2 hrs	3 hrs
Biochemistry – Biology	10.5 hrs	4 hrs
Nutrition and food	7.5 hrs	3 hrs
Physiopathologic bases of dietetics	1 hrs	6 hrs
Diets	–	7 hrs

Art of cooking	5 hrs	4 hrs
Economy and management	6 hrs	5 hrs
Foreign language – Optional	1hrs	1 hrs

Regulation of the exam

Tests	Coef.	Type
Biochemistry – Biology	2	Written
Food knowledge	2	Written
Physiopathologic bases of dietetics	3	Written
Economy and management	2	Written
Presentation and defense of a memoir	3	Written

Professional synthesis test:

Case study	2.5	Written
Use of techniques	2.5	Practice

Internships

First year

During the first year the students have 2 internships of 3 weeks each in catering.

Internships in catering.

Date :

From late-may to early July

Duration:

- 3 weeks in hot preparations
- 3 weeks in cold preparations

Objectives:

- Hygiene rules (HACCP method)
- Nutrition: creation of menus, food plan, collective tasks.
- Stocks management.

Part of the internships take place during the holidays.

Second year

During the second year, the students have 3 internships with different duration.

Two internships in the therapeutic sector.

Date :

May, June, July. Duration: 2 x 5 weeks.

Objectives :

- Discover the different pathologies studied in class and linked to nutrition (in cardiology, gastroenterology, pediatrics, cancerology, geriatrics department).
- Follow a patient per internship.

Internships with an optional theme**Date :**

variable

Duration:

4 weeks

Objectives:

- Choose a field of expertise (school, sports center, industry, grocer's shop, retirement home...).
- Show the necessity of a dietitian in that kind of structure.

These different internships are subject to a memoir and an oral presentation during the final exam (coefficient 3).