

You can obtain **3 ETHICS CEU's** for reading the article "THE ROLE OF ARTIFICIAL INTELLIGENCE IN DIETETIC PRACTICE: A NARRATIVE REVIEW OF CURRENT EVIDENCE AND PRACTICAL APPLICATIONS" and answering ALL the accompanying questions with a pass mark of 70% or more.

This article has been accredited for CEU's (ref. no. DT/A01/P00004/2026/00004)

HOW TO EARN YOUR CEUS

- 1) Register at <https://www.mpconsulting.co.za/courses>.
- 2) Log in.
- 3) Search for "South African Journal of Clinical Nutrition".
- 4) Select relevant issue, and click on the journal link.
- 5) Choose the CPD assessment activity you want to do.
- 6) Read the CPD article by clicking on the article title, or by visiting <https://www.tandfonline.com/toc/ojcn20/current> to access the relevant CPD article.
- 7) Click on the CPD activity link
- 8) Answer ALL the questions in the CPD questionnaire.
- 9) Click "Submit" to obtain your results.

Only online questionnaires will be accepted.

ACTIVITY 195

1. The abbreviation "NCP" in this article stands for:
 - a) Nutrition Care Plan
 - b) Nutrition Care Process
 - c) Nutritional Clinical Process
2. In the South African context, practitioners must navigate stringent requirements set by the ____ and the _____.
 - a) Health Professions Council of South Africa (HPCSA) Booklet 20; Protection of Personal Information Act (POPIA)
 - b) Health Professions Council of South Africa (HPCSA) Booklet 5; Promotion of Access to Information Act (PAIA)
 - c) The Health Professions Council of South Africa (HPCSA) Scope of Information Act; The Consumer Protection Act
3. For the Registered Dietitian (RD), technological advancements facilitate enhanced diagnostic accuracy through ____ and predictive modelling.
 - a) Manual synthesis
 - b) Automation
 - c) Data encryption
4. According to the article, which of the following is NOT an example of a subtype of Artificial Intelligence (AI)?
 - a) Machine Learning
 - b) Natural Language Processing
 - c) Data Encryption Standard
5. It is stated that Natural Language Processing and Large Language Models offer potential for providing interactive dietary advice and simplifying complex nutritional guidelines for patients, thereby supporting behavioural _____.
 - a) Restriction
 - b) Nudging
 - c) Modification
6. Automated systems often neglect critical hallmarks of professional diabetes management, such as precise carbohydrate counting, specific timing of meals/snacks, and the _____.
 - a) Monitoring of daily water intake
 - b) Assessment of physical activity duration
 - c) Establishment of energy deficit targets for weight-loss
7. Which specific models are being applied to advanced medical imaging, such as CT scans, to achieve high segmentation accuracy for muscle tissue?
 - a) Linear regression models
 - b) Descriptive statistics models
 - c) Deep learning models
8. According to the article, specialized vision transformer models have reached food recognition classification accuracies as high as:
 - a) 88.97%
 - b) 92.87%
 - c) 97.88%
9. AI transcription and scribing tools allow clinicians to convert verbal consultations into structured medical records, allowing RDs to divert cognitive energy away from manual entry and toward therapeutic engagement and _____.
 - a) Anthropometric measurement
 - b) Motivational interviewing
 - c) Biochemical data entry
10. The TPN2.0 algorithm, developed using a decade of longitudinal EHR data, demonstrated a precision level comparable to expert neonatologists by achieving a Pearson's correlation of what?
 - a) 0.82
 - b) 0.88
 - c) 0.94
11. According to Lee et al., 2025: ____ particularly is a high-cost, low-clinical risk task, and through AI integration, cost- and time efficiencies improve.
 - a) Administrative functioning
 - b) Clinical diagnostic reasoning
 - c) Critical care monitoring
12. If practitioners defer critical reasoning to algorithms without active adjudication, there is a legitimate concern that ____ diagnostic abilities and clinical vigilance may begin to erode over time.
 - a) Multidisciplinary
 - b) Independent
 - c) Automated
13. To ensure rigorous accuracy standards for safe Medical Nutrition Therapy (MNT), dietitians are mandated to ____ all AI-generated calculations.
 - a) Verify
 - b) Automate
 - c) Disregard
14. To ensure students can critically evaluate algorithmic outputs and understand technology-assisted care, there is an imperative to incorporate ____ and digital fluency into university curricula.
 - a) Software programming
 - b) Hardware engineering
 - c) AI literacy
15. Ultimately, AI should be positioned not as a challenge to professional autonomy, but as a clinical ____ that amplifies dietetic impact across the continuum of nutrition care.
 - a) Substitute
 - b) Co-pilot
 - d) Competitor