



Australian Government

Assessment Requirements for CHCCCS042 Prepare meals

Release: 1

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Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- plan and prepare two meals and two snacks that:
 - meet the needs and preferences of the client
 - provide opportunities for client involvement.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- dysphagia:
 - the swallowing process
 - pathologies relevant to swallowing difficulties
 - aspiration risks
 - choking risks
 - impact on quality of life
 - safe eating and drinking:
 - thickened fluids
 - texture-modified meals
 - upright position
- common food requirements:
 - allergies
 - intolerances
 - nutritional needs
- nutrition:
 - major food groups
 - nutritional value of food and its impact on menu planning and purchasing decisions
 - nutritional food labels
 - nutritional needs at different stages of life
 - impact of nutrition on wellbeing:
 - physical
 - emotional

- social
- individual needs and preferences relevant to meal planning and preparation:
 - dignity of risk
 - informed decision making
 - food requirements
 - meal preferences
 - meal routines
 - participation in food preparation
 - swallowing ability
 - chewing ability
 - condition of teeth and oral health, including dental prosthesis
 - nutritional needs
 - cultural requirements of food, meal preparation and service
 - taste, texture and presentation
- approaches to engaging and supporting the person in meal preparation:
 - in home care
 - in residential aged care
 - in supported living environments
 - in community settings and public environments
- organisational policies and procedures:
 - reporting
 - meal preparation
 - food safety
 - work health and safety
- industry context relevant to meal preparation:
 - job role scope and functions
 - supervision requirements and limitations to job role
 - roles of interdisciplinary team members
- individualised plan content relevant to meal preparation:
 - size and frequency of meals and snacks
 - texture modification requirements
 - hydration requirements
- industry standards and frameworks relevant to meal preparation:
 - key aspects of the International Dysphagia Diet Standardisation Initiative (IDDSI)
 - principles of the Australian Guide to Healthy Eating
 - principles of the Australian Dietary Guidelines
- meal preparation risk identification, monitoring and responses
- types and safe use of cooking equipment and utensils
- methods for estimating, calculating and measuring ingredients
- methods of keeping cooking area clean and tidy

- basic food preparation and cooking methods.

Assessment Conditions

Skills must be demonstrated in the workplace or a simulated environment that reflects workplace conditions.

Assessment must ensure access to:

- facilities, equipment and resources that reflect real working conditions and model industry operating conditions and contingencies
- the International Dysphagia Diet Standardisation Initiative (IDDSI)
- the Australian Guide to Healthy Eating
- the Australian Dietary Guidelines
- individualised plans
- simple recipes
- ingredients
- cooking equipment and utensils.

Assessors must satisfy the Standards for Registered Training Organisations' requirements for assessors.

Links

Companion Volume implementation guide are found in VETNet -

<https://vetnet.gov.au/pages/trainingdocs.aspx?q=5e0c25cc-3d9d-4b43-80d3-bd22cc4f1e53>