



Australian Government

CHCCCS042 Prepare meals

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare meals and snacks that meet individual needs and preferences in residential and home care settings.

This unit applies to individuals who work with people in a range of community services and health contexts. Work performed requires some discretion and judgement and may be carried out under direct, indirect or remote supervision.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian standards and industry codes of practice.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Unit Sector

Client Care and Support

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Plan meals and snacks.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1. Read individualised plan to confirm needs and preferences relevant to meal preparation.
 - 1.2. Suggest, source and adjust simple recipes to meet individual needs and preferences.
 - 1.3. Recognise requirements for food and fluid modification according to individualised plan and relevant industry standards and frameworks and adjust recipes accordingly.
 - 1.4. Review recipe and determine ingredient types and amounts.
 - 1.5. Check ingredient stock level and quality to identify type and amount of ingredients to be purchased.
 - 1.6. Purchase required ingredients within budget constraints.
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2. Prepare meals and snacks.
 - 2.1. Provide opportunities for the person to engage throughout the meal preparation process.
 - 2.2. Prepare cooking area and those engaging in meal preparation for safe meal preparation.
 - 2.3. Measure and prepare ingredients according to recipe requirements.
 - 2.4. Cook ingredients according to recipe requirements.
 - 2.5. Present prepared meal according to individual needs and preferences.
 - 2.6. Clean and tidy cooking area, utensils and equipment.
 3. Implement food safety processes when preparing food.
 - 3.1. Ensure personal hygiene and protective equipment meet infection control requirements and work health and safety standards.
 - 3.2. Report personal health conditions that impact on food preparation and take action according to organisational policies and procedures.
 - 3.3. Recognise and report hygiene and food hazards that may negatively affect health and safety of self or others, according to organisational policies and procedures.
 - 3.4. Maintain the food preparation area in a hygienic condition and report cleaning, sanitising and maintenance requirements according to organisational policies and procedures.
 - 3.5. Maintain hygienic storage and select environmental conditions that avoid contamination of food.
 - 3.6. Handle food hygienically and in accordance with organisational and regulated food safety procedures.

Foundation Skills

Foundation skills essential to performance are explicit in the Performance Criteria of this unit of competency.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guide are found in VETNet -

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