



**Australian Government**

**Assessment Requirements for FBPFST5004  
Specify and monitor the nutritional value of  
processed food**

**Release: 1**

# Assessment Requirements for FBPFST5004 Specify and monitor the nutritional value of processed food

## Modification History

Release	Comments
Release 1	This version released with the FBP Food, Beverage and Pharmaceutical Training Package Version 2.0.

## Performance Evidence

An individual demonstrating competency in this unit must satisfy all of the elements and performance criteria of this unit.

There must be evidence that the individual has specified and monitored the nutritional value of processed food items, including:

- analysing the total nutritional components of at least one processed food product to determine whether it meets regulatory requirements and target audience needs
- evaluating nutritional issues in relation to product development, labelling and marketing of processed foods
- determining the processing requirements of food to meet specific nutritional requirements
- recognising key macronutrients required for a healthy diet
- comparing the nutritional needs of special population groups
- evaluating nutrition-related risk factors and diseases
- producing a food label that accurately reflects a product's nutritional value and complies with legislative requirements.

## Knowledge Evidence

An individual must be able to demonstrate the knowledge required to perform the tasks outlined in the elements and performance criteria of this unit. This includes knowledge of:

- Food Standards Code
- National Health and Medical Research Council Australian Dietary Guidelines
- key macro- and micronutrients for a healthy diet
- human energy requirements
- dietary guidelines and legislative requirements related to processed foods and labelling
- the effects of processing and storage on nutrients, and the methods for overcoming these effects
- the role of proteins in nutrition
- the role of carbohydrates in nutrition

- the role of vitamins and minerals in nutrition
- the role of dietary fibre
- the role of lipids in nutrition
- the body's processes and their role in nutrition
- nutrition-related risk factors and diseases
- food intolerances and allergies
- diseases caused by nutritional deficiencies
- modified and functional foods and nutraceuticals.

## Assessment Conditions

Assessment of skills must take place under the following conditions:

- physical conditions:
  - skills must be demonstrated in a workplace setting or an environment that accurately represents a real workplace
- resources, equipment and materials:
  - food testing equipment, data and operating procedures
  - methods and related software systems to calculate nutritional properties of processed foods
  - sample processed food items
- specifications:
  - tests used to identify nutritional information in processed food.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

## Links

Companion Volume Implementation Guides are found in VETNet: -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=78b15323-cd38-483e-aad7-1159b570a5c4>