



**Australian Government**

**HLTAHA019 Assist with the monitoring  
and modification of meals and menus  
according to individualised plans**

**Release: 1**

## HLTAHA019 Assist with the monitoring and modification of meals and menus according to individualised plans

### Modification History

Release	Comments
Release 1	<p>This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages.</p> <p>Significant changes to elements and performance criteria. New evidence requirements for assessment including volume and frequency requirements. Minimum work hours added.</p> <p>Significant change to knowledge evidence.</p>

### Application

This unit describes the skills and knowledge required to modify meals and menus to meet the nutrition requirements of specific client groups and monitor this against the individualised plans.

This unit applies to allied health assistants and should be performed under the direction and supervision (direct, indirect or remote) of a dietitian. Individuals will take responsibility for their own outputs and may participate in work teams. A range of well developed skills and some discretion and judgement is required of workers.

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

### Elements and Performance Criteria

#### ELEMENT

*Elements define the essential outcomes*

1. Identify conditions and specific needs of client groups

#### PERFORMANCE CRITERIA

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

1.1 Identify the conditions commonly encountered by the client group requiring an individualised plan or dietary modification

1.2 Identify groups at risk of nutritional deficiencies and nutrient imbalance contributing to common lifestyle diseases and disorders

1.3 Identify dietary factors associated with common lifestyle diseases and/or diet related chronic diseases and

## ELEMENT

## PERFORMANCE CRITERIA

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other nutrition-related conditions, food intolerances, allergies

1.4 Identify special nutritional and dietary needs for conditions encountered by the client group

1.5 Report dietary and nutrition issues and needs to the dietitian

2. Modify meals and menus according to individualised plan

2.1 Consult with dietitian to address the identified risks and needs of client groups

2.2 Modify meals and menus to meet the nutritional and dietary needs of the client group using relevant guidelines

2.3 Assess meals and menus for their suitability for texture modification to meet special nutritional and dietary needs, using relevant guidelines

2.4 Incorporate sufficient choices of dishes and drinks in to menus for special needs, using relevant guidelines

2.5 Provide information regarding individualised plan to client when appropriate and as directed by dietitian or relevant health professional

3. Monitor and report on client status and acceptance of individualised plan

3.1 Provide feedback about changes to, needs, food preferences and individualised plan to food services and to dietitians

3.2 Report the acceptability, tolerance and consumption of meals by the client to the dietitian or relevant health professional

3.3 Identify problems which may affect the client's ability to eat or drink to the dietitian and/or other relevant health professional, according to organisation policies and procedures

3.4 Provide feedback on consistently poor client meal choices to the dietitian

3.5 Follow systems designed by a dietitian to monitor, document on client nutritional status

3.6 Monitor the nutrition status of clients using standard

## **ELEMENT**

*Elements define the essential outcomes*

## **PERFORMANCE CRITERIA**

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

and validated tools and nutritional indicators

3.7 Report the progress of client nutritional status to the dietitian, and/or other health professional according to organisational protocols and timeframes

## **Foundation Skills**

*The Foundation Skills describe those required skills (such as language, literacy, numeracy and employment skills) that are essential to performance.*

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 guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>