Assessment Requirements for HLTAHA039 Assist in the development of meals and menus to meet dietary and cultural requirements

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, develop and evaluate menus for three individual groups, one in simulation and two in the workplace, based on organisational food, nutrition and therapeutic diet guidelines or the Australian dietary guidelines for provision of food for individuals
- plan and modify meals and menus for at least two people with specific cultural or religious food-related requirements in simulation
- perform the activities outlined in the performance criteria of this unit during a period of at least 120 hours of allied health assistance work. At least 60% of this work must be carried out in an allied health workplace. The remaining 40% may be carried out in a simulated environment, if an allied health workplace is unavailable.

Knowledge Evidence

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

- allied health core competencies:
  - person-centred care
  - individual therapy
  - group therapy
  - communication of information
  - equipment and environment
- processes for planning and evaluation of meals and menus based on:
  - Australian dietary guidelines and other relevant guidelines across the lifespan
  - relevant organisational food, nutrition and diet guidelines
  - cooking methods and equipment requirements
  - food preparation and food service systems
  - principles of nutrition, diet therapy, nutrition supplements and factors that place person at risk of malnutrition and inadequate hydration or food insecurity
  - common fluid and food restrictions
  - range of menus and menu items
  - standardised recipes

- various cultural and religious requirements in relation to food, relevant to the profile of the community served by the organisation including:
  - Halal
  - Kosher
  - types of vegetarianism
  - ovo-lacto
  - lacto
  - vegan
- how to recognise malnutrition
- organisational policies and procedures in relation to:
  - confidentiality:
    - privacy
    - disclosure
  - duty of care
  - documentation:
    - reporting
    - recording data
    - written communication to Allied Health Professional
  - professional behaviour and presentation
  - infection control practices food safety program as they relate to assisting with meals, menus and dietary guidelines
  - work health and safety (WHS)
  - manual handling
  - supervision and delegation
- principles of empowering the older person
- principles of empowering people living with disability or serious mental illness
- changes related to ageing
- concepts of holistic health and wellbeing
- social determinants of health
- concepts of the medical model, the biopsychosocial models and the human rights-based approach of allied health interventions
- principles of choice and control
- concept of reablement
- allied health settings:
  - hospital
  - community health
  - mental health
  - disability sector
  - aged care sectors.

Assessment Conditions

Skills may be demonstrated in the workplace, or in a simulated environment, as per the conditions outlined in the performance evidence.

Assessment must ensure access to use of suitable facilities and resources, including:

- food safety standards and procedures
- food packaging and storage requirements
- work plan
- menu planning tools
- individualised plans.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- be a Certificate IV qualified Allied Health Assistant with a minimum of three years of professional experience in allied health services; or
- an Accredited Practising Dietitian (APD).

Links

Companion Volume implementation guides are found in VETNet - https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705