



**Australian Government**

# **HLTAHW021 Provide nutrition guidance for specific health care**

**Release: 2**

## HLTAHW021 Provide nutrition guidance for specific health care

### Modification History

Release	Comments
Release 2	<p>Updated:</p> <ul style="list-style-type: none"> <li>• assessor requirements statement</li> <li>• foundation skills lead in statement</li> <li>• licensing statement</li> <li>• modification history to reflect 2012 standards</li> </ul> <p>Equivalent outcome.</p>
Release 1	<p>This version was released in <i>HLT Health Training Package release 1.0</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 environment requirements</p>

### Application

This unit describes the required skills and knowledge to promote healthy nutrition to address the requirements of a range of client groups and to improve community nutrition.

The unit applies to those Aboriginal and/or Torres Strait Islander Health Workers providing a range of primary health care services to Aboriginal and/or Torres Strait Islander clients and communities.

*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.*

#### PERFORMANCE CRITERIA

*Performance criteria specify the level of performance needed to demonstrate achievement of the element.*

**ELEMENT****PERFORMANCE CRITERIA**

*Elements define the essential outcomes.*

*Performance criteria specify the level of performance needed to demonstrate achievement of the element.*

1. Provide information on nutritional needs at different stages of life

1.1 Provide information on nutritional requirements of pregnant and lactating women

1.2 Promote dietary guidelines for children and adolescents, including importance of breastfeeding and appropriate introduction of solid foods

1.3 Explain nutritional requirements for babies and toddlers to family and/or carers

1.4 Provide information on dietary guidelines for adults

1.5 Provide information for older people on nutrition requirements and food preparation issues

2. Inform clients of dietary requirements of specific conditions

2.1 Identify clients with specific conditions requiring counselling for healthy eating

2.2 Provide overweight clients with information on strategies to achieve long-term weight reduction

2.3 Identify common dietary restrictions for clients with specific health conditions and assist clients to obtain and follow specific dietary advice on appropriate nutrition

2.4 Refer clients to other health professionals and support agencies for nutritional advice as required

3. Work with community agencies to promote nutrition

3.1 Discuss the link between nutrition and health with communities, their agencies, stores and other representatives

3.2 Promote appropriate food storage, hygiene and preparation practices

3.3 Discuss policies that promote good health through nutrition with communities, their agencies, stores and relevant representatives

## Foundation Skills

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

*Numeracy*

- in order to interpret nutritional information as expressed in kj, calories, g, mg, mcg, percentages and decimals

Other foundation skills essential to performance are explicit in the performance criteria of this unit.

## 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>