



**Australian Government**

# **HLTAYV005 Provide advice on Ayurvedic nutrition**

**Release: 1**

## HLTAYV005 Provide advice on Ayurvedic nutrition

### 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 the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Minimum clinic hours added. Additional assessor requirements.</p>

### Application

This unit describes the skills and knowledge required to develop Ayurvedic nutritional recommendations based on the outcomes of an existing Ayurvedic health assessment, and provide relevant advice, support and follow up to clients.

This unit applies to Ayurvedic practitioners working with clients in a lifestyle or preventative context.

*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

#### PERFORMANCE CRITERIA

*Elements define the essential outcomes*

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

1. Develop nutritional recommendations

1.1 Evaluate client assessment information and imbalances that may be addressed through nutritional changes or supplementation

1.2 Identify presentations that fall outside scope of own practice and make appropriate referrals

1.3 Determine Ayurvedic nutritional corrections suited to the client's prakruti, vikruti, agni, ama and trigunna

1.4 Evaluate the influence of environmental factors on nutritional status

**ELEMENT****PERFORMANCE CRITERIA**

*Elements define the essential outcomes*

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

1.5 Integrate cultural and lifestyle factors that affect individual clients

1.6 Integrate Ayurvedic lifestyle corrections with nutritional recommendations

2. Offer Ayurvedic nutritional recommendations

2.1 Provide clear information about recommendations, their rationale and underpinning Ayurvedic philosophy and framework to suit the individual client

2.2 Use language and concepts the client understands

2.3 Provide client with resources to support the recommendations, including advice on preparation and cooking of foods

2.4 Discuss and agree on evaluation strategies

2.5 Accurately document recommendations made

3. Follow up nutritional advice

3.1 Review progress with the client based on previous advice and client feedback

3.2 Identify and accurately record effects of previous advice

3.3 Evaluate the need for change in advice, ongoing and/or additional nutritional adjustments

3.4 Negotiate changes to the plan with the client to ensure optimal outcomes

**Foundation Skills**

*The Foundation Skills describe those required skills (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>