



**Australian Government**

# **SISSPAR003 Follow specialist dietary advice**

**Release: 1**

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## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required by individuals to seek and follow specialist dietary advice and select and prepare their own meals and snacks in a domestic kitchen.

This unit of competency applies to individuals working in a diverse range of industries where the individuals require specialist dietary advice to perform their work. This includes athletes in the Australian sport industry competing in a sport at a local, state or national level.

Those undertaking this unit work with the support of an Accredited Practising Dietician.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

## Pre-requisite Unit

Nil

## Competency Field

Participation

## Unit Sector

Sport

## Elements and Performance Criteria

### ELEMENTS

*Elements describe the essential outcomes*

1. Seek and follow specialist dietary advice.

### PERFORMANCE CRITERIA

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

- 1.1. Discuss individual goals, expectations, preferences, physical activity and eating patterns with dieticians.
- 1.2. Consult with dieticians to obtain specialist advice on healthy eating patterns required to meet individual goals.
- 1.3. Consult with dieticians to obtain specialist advice on nutritional strategies and recipes to meet individual goals.
- 1.4. Read and interpret dietary advice provided by dieticians.
- 1.5. Follow specialist advice provided by dieticians in day to

day activities.

2. Prepare food.
  - 2.1. Prepare, handle and store food products to meet food safe conditions.
  - 2.2. Select and measure ingredient quantities to meet recipe specifications.
  - 2.3. Use food preparation methods, equipment and tools to prepare meals and snacks.
  - 2.4. Clean food preparation areas, equipment and tools to meet food safe conditions.

## Foundation Skills

*Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.*

<b>SKILLS</b>	<b>DESCRIPTION</b>
Writing skills to:	<ul style="list-style-type: none"> <li>• record eating patterns.</li> </ul>
Oral communication skills to:	<ul style="list-style-type: none"> <li>• ask open and closed questions and actively listen to seek advice and confirm understanding of specialist dietary advice.</li> </ul>
Numeracy skills to:	<ul style="list-style-type: none"> <li>• identify and interpret food labels, ingredient quantities in recipes, dates on ingredient labels and temperature and timer settings when cooking</li> <li>• use domestic kitchen measuring equipment to estimate and measure ingredient weights and volumes</li> <li>• perform calculations to modify recipes.</li> </ul>
Problem-solving skills to:	<ul style="list-style-type: none"> <li>• make healthy eating decisions when eating out.</li> </ul>
Planning and organising skills to:	<ul style="list-style-type: none"> <li>• plan meals and snacks.</li> </ul>

## Unit Mapping Information

No equivalent unit

## Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>

