



**Australian Government**

# **SITHKOP012 Develop recipes for special dietary requirements**

**Release: 1**

---

## **SITHKOP012 Develop recipes for special dietary requirements**

### **Modification History**

Not applicable.

### **Application**

This unit describes the performance outcomes, skills and knowledge required to develop recipes for people who have special dietary needs for lifestyle, medical or religious reasons. It requires the ability to identify the dietary requirements of customers, develop recipes to meet those requirements, cost recipes and to monitor and evaluate the success of recipe performance.

The unit applies to all hospitality and catering organisations that prepare and serve food. This includes hotels, clubs, restaurants, educational institutions, health establishments, defence forces, cafeterias, kiosks, cafes, residential caterers, in flight and other transport caterers, event and function caterers.

It applies to those people who operate independently or with limited guidance from others such as senior cooks, chefs, catering supervisors and managers.

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

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

### **Pre-requisite Unit**

<b>Unit Code</b>	<b>Unit Title</b>
------------------	-------------------

SITHCCC027	Prepare dishes using basic methods of cookery
------------	---

SITHCCC042	Prepare food to meet special dietary requirements
------------	---

SITHKOP010	Plan and cost recipes
------------	-----------------------

SITXFSA005	Use hygienic practices for food safety
------------	--

### **Competency Field**

Kitchen Operations

### **Unit Sector**

Hospitality

---

---

## Elements and Performance Criteria

### ELEMENTS

*Elements describe the essential outcomes*

1. Identify recipe requirements.
2. Develop recipes for special diets.
3. Cost and document special recipes.
4. Monitor suitability of special recipes.

### PERFORMANCE CRITERIA

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

- 1.1. Identify lifestyle, medical or religious recipe requirements of different customer groups.
- 1.2. Follow dietary advice provided by other professionals where relevant.
- 1.3. Identify key health and legal consequences of ignoring special dietary requirements of customers.
- 2.1. Select a variety of suitable foods and recipes to meet specific requirements.
- 2.2. Identify appropriate combinations of food to meet macro- and micro-nutrient requirements.
- 2.3. Develop recipes that balance nutritional requirements and variety.
- 2.4. Recommend food preparation, cooking and storage methods to maximise nutritional value of food.
- 3.1. Calculate expenditure items to determine production costs of recipes.
- 3.2. Calculate portion yields and costs from ingredients.
- 3.3. Assess cost-effectiveness of proposed dishes against budgetary constraints.
- 4.1. Use feedback from customers and others to determine suitability of recipes.
- 4.2. Analyse the suitability of recipes against dietary goals, nutritional requirements and customer needs.
- 4.3. Adjust recipes based on feedback and suitability.

## 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.*

### SKILLS

Writing skills to:

### DESCRIPTION

- write recipes and recommendations for cooking methods.
-

- 
- Oral communication skills to:
- listen and respond to routine customer feedback and ask questions of health and other professionals to inform recipe choice.
- Numeracy skills to:
- calculate the cost of producing dishes.
- Learning skills to:
- research information on emerging dietary trends.
- Problem-solving skills to:
- identify budgetary constraints and adjust recipes to suit.
- Planning and organising skills to:
- access and sort information required for recipe planning to coordinate a timely and efficient development process.
- Technology skills to:
- use computers and software programs to cost and document recipes.

## **Unit Mapping Information**

Supersedes and is not equivalent to SITHKOP004 Develop menus for special dietary requirements.

## **Links**

Companion Volume implementation guides are found in VETNet - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=68c40a93-e51d-4e0f-bc06-899dff092694>

---