



Australian Government

SITHKOP402 Develop menus for special dietary requirements

Release 1

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Modification History

The version details of this endorsed unit of competency set are in the table below. The latest information is at the top.

Version	Comments
1.0	<p>N</p> <p>Replaces but is not equivalent to SITHCCC035A Develop menus to meet special dietary and cultural needs.</p> <p>Title simplified. Re-worked Elements, Performance Criteria, Required Skills and Knowledge to more fully articulate content.</p> <p>Extra Element added to expand costing content. Moved to new competency field – Kitchen Operations to better reflect the content of this unit.</p>

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to develop menus and meal plans for people who have special dietary needs for health, lifestyle and cultural reasons. It requires the ability to identify the dietary requirements of customers, develop special menus and meal plans to meet those requirements, cost menus and to monitor and evaluate the success of menu performance.

Application of the Unit

This unit applies to all hospitality and catering organisations which 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.

Licensing/Regulatory Information

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

Not applicable.

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

Elements describe the essential outcomes of a unit of competency. Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

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|--|---|
| 1. Identify the dietary and cultural menu requirements of customers. | 1.1 Identify the <i>dietary</i> and <i>cultural menu requirements</i> of different <i>customer groups</i> .
1.2 Assess <i>contemporary dietary trends and regimes</i> .
1.3 Liaise with <i>other professionals</i> to identify and confirm customer requirements.
1.4 Confirm health consequences of ignoring special dietary requirements of customers. |
| 2. Develop menus and meal plans for special diets. | 2.1 Select a variety of suitable foods and meals for specific requirements.
2.2 Identify appropriate combinations of food to meet macro and micro nutrient requirements.
2.3 Develop <i>menus and meal plans</i> that promote good health and reduce the incidence of diet related health problems.
2.4 Prepare cyclic menus and balance nutritional requirements and variety.
2.5 Incorporate sufficient choice of dishes into the menus.
2.6 Recommend food preparation and cooking methods to maximise nutritional value of food. |
| 3. Cost and document special menus and meal plans. | 3.1 Accurately calculate all <i>expenditure items</i> to determine production costs of menu items.
3.2 Calculate portion yields and costs from raw ingredients.
3.3 Assess cost-effectiveness of proposed dishes against budgetary constraints and choose products that provide high yield.
3.4 Use correct terminology in menus and meal plans. |
| 4. Monitor special menu performance. | 4.1 Seek ongoing <i>feedback</i> from customers and others and use to improve menu performance.
4.2 Analyse the success of special menus against dietary goals and customer satisfaction.
4.3 Adjust menus based on feedback and success. |

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication skills to liaise with health and other professionals to determine the special diet requirements of customer groups
- critical thinking skills to:
 - evaluate diet related health problems and design menus which provide variety
 - analyse the success of special menus
- initiative and enterprise skills to choose products that provide high yield
- learning skills to continually seek information on emerging dietary trends
- literacy skills to:
 - read and interpret complex details of health related problems and cultural meal requirements
 - research emerging dietary trends
 - write comprehensive menus, meal plans and recommendations for cooking methods
- numeracy skills to:
 - determine portion sizes and portion yield from ingredients
 - calculate the cost of producing dishes for menus and meal plans
- planning and organising skills to access and sort all information required for menu design and to coordinate a timely and efficient development process
- problem-solving skills to identify budgetary constraints and adjust menus to include the most cost effective options
- self-management skills to take responsibility for the design of menus and meal plans
- teamwork skills to invite and consider the input of health and other professionals in the menu planning process
- technology skills to use computers and software programs to cost and document menus and meal plans.

Required knowledge

- culinary terms and trade names for:
 - substitute ingredients used to produce dishes with special dietary recipes
 - ingredients suitable for meeting basic nutritional needs
 - ingredients that cause common allergic reactions
 - food additives and preservatives
- main types and culinary characteristics of special diets that are part of contemporary Australian society:
 - diabetic
 - gluten free
 - low cholesterol
 - low fat

- low gluten
- sugar free
- vegan
- meaning of:
 - drug–food interactions
 - food allergy
 - food intolerance
- key health and legal consequences of failing to address special requirements:
 - allergic reactions
 - anaphylaxis
 - food sensitivity or intolerance reactions
- main types and culinary characteristics of cultural diets that are part of contemporary Australian society:
 - halal
 - Hindu
 - kosher
 - vegetarian
- basic principles and practices of nutrition, including:
 - nutrients and their food sources
 - influences on food choice
 - food and beverage selection influences
 - food labelling and interpretation
 - role and implications of using food additives and preservatives
 - health implications of food choices
 - role of good nutrition in avoiding dietary diseases
 - effects of various cooking methods and food storage on nutrients
- primary components of Dietary Guidelines for Australians, including those for older Australians, children and adolescents and their use in menu planning
- methods and formulas for calculating portion yields and costs from raw ingredients including:
 - butcher’s test
 - standard measures
 - standard yield tests.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the ability to:

- develop and cost multiple menus and meal plans to meet a diversity of special dietary requirements
- monitor and evaluate menus over a menu life cycle
- demonstrate knowledge of:
 - key health and legal consequences of failing to address special requirements
 - main types and culinary characteristics of special and cultural diets that are part of contemporary Australian society
 - basic principles and practices of nutrition
 - develop menus and meal plans within commercial time constraints.

Context of and specific resources for assessment

Assessment must ensure use of:

- a hospitality industry business operation or activity for which special menus and meal plans are prepared and and workplace documentation defined in the Assessment Guidelines; this can be a:
 - real industry workplace
 - simulated industry environment such as a training kitchen servicing customers
- computers, printers and software for costing and developing menus and meal plans
- Dietary Guidelines for Australians, including those for older adults, children and adolescents.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- evaluation of menus and meal plans prepared by the individual to meet the specific dietary requirements of a customer group with a designated health problem
- use of case studies and problem-solving exercises so the individual can suggest appropriate menus and meal plans for different cultural groups
- evaluation of reports, prepared by the individual:

- detailing the processes undertaken to prepare menus and meal plans
- explaining how menus and meal plans were tailored to suit the characteristics and needs of a particular cultural group
- evaluating the success of menus against dietary goals
- written or oral questioning to assess knowledge of:
 - meaning food allergies and intolerance and common allergic and food intolerance reactions
 - health and legal consequences of non-compliance with special requests
 - characteristics of special and cultural diets
- review of portfolios of evidence and third-party workplace reports of on-the-job performance by the individual.

Guidance information for assessment

The assessor should design integrated assessment activities to holistically assess this unit with other units relevant to the industry sector, workplace and job role, for example:

- BSBWRT401A Write complex documents
- SITHKOP403 Coordinate cooking operations
- SITXFIN402 Manage finances within a budget.

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

- Dietary requirements* may include:
- diabetic
 - exclusions for:
 - allergies
 - contraindications with medicines
 - food intolerance
 - fluids
 - food preferences
 - food restrictions
 - gluten-free
 - high carbohydrate
 - high or low-energy
 - high or low-protein
 - high-fibre
 - lacto-ovo
 - low-cholesterol
 - low-fat
 - low gluten
 - modified sodium or potassium
 - modified texture
 - nutritional requirements
 - portion size
 - vegan
 - vegetarian.
- Cultural menu requirements* may include:
- cultural or religious dietary preferences or sanctions
 - halal
 - Hindu
 - kosher
 - vegetarian.
- Customer groups* may include:
- adolescents
 - athletes
 - children
 - defence forces
 - elderly
 - health care
 - ill

- infants
- injured
- international tourists
- obese or overweight
- people from different socio economic groups
- people from specific cultural or religious groups
- those with:
 - weight problems
 - particular nutritional interests
 - varying nutritional and energy requirements due to physical condition.

Contemporary dietary trends and regimes may include:

- elimination
- liver cleansing
- low-carbohydrate
- low-fat
- low-kilojoule
- macrobiotic
- vegetarian.

Other professionals may include:

- allied health professionals
- dieticians
- medical specialists
- nutritionists.

Menus and meal plans may be:

- cyclic menus
- daily meal plans
- daily menus
- seasonal menus
- weekly meal plans
- weekly menus.

Expenditure items may include:

- ingredients
- labour
- operational costs of the kitchen
- wastage.

Feedback may involve:

- customer surveys
- improvements suggested by:
 - customers
 - managers
 - peers
 - staff
 - supervisors
 - suppliers
- regular staff meetings that involve menu discussions

- satisfaction discussions with:
 - allied health professionals
 - customers
 - dieticians
 - medical specialists
- seeking staff suggestions for menu items.

Unit Sector(s)

Hospitality

Competency Field

Kitchen Operations