



Australian Government

CHCCCS042 Prepare meals

Release: 1

CHCCCS042 Prepare meals

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare meals and snacks that meet individual needs and preferences in residential and home care settings.

This unit applies to individuals who work with people in a range of community services and health contexts. Work performed requires some discretion and judgement and may be carried out under direct, indirect or remote supervision.

The skills in this unit must be applied in accordance with Commonwealth and State/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

Nil

Unit Sector

Client Care and Support

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Plan meals and snacks.

PERFORMANCE CRITERIA

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

- 1.1. Read individualised plan to confirm needs and preferences relevant to meal preparation.
- 1.2. Suggest, source and adjust simple recipes to meet individual needs and preferences.
- 1.3. Recognise requirements for food and fluid modification according to individualised plan and relevant industry standards and frameworks and adjust recipes accordingly.
- 1.4. Review recipe and determine ingredient types and amounts.
- 1.5. Check ingredient stock level and quality to identify type and amount of ingredients to be purchased.
- 1.6. Purchase required ingredients within budget constraints.

2. Prepare meals and snacks.
 - 2.1. Provide opportunities for the person to engage throughout the meal preparation process.
 - 2.2. Prepare cooking area and those engaging in meal preparation for safe meal preparation.
 - 2.3. Measure and prepare ingredients according to recipe requirements.
 - 2.4. Cook ingredients according to recipe requirements.
 - 2.5. Present prepared meal according to individual needs and preferences.
 - 2.6. Clean and tidy cooking area, utensils and equipment.
3. Implement food safety processes when preparing food.
 - 3.1. Ensure personal hygiene and protective equipment meet infection control requirements and work health and safety standards.
 - 3.2. Report personal health conditions that impact on food preparation and take action according to organisational policies and procedures.
 - 3.3. Recognise and report hygiene and food hazards that may negatively affect health and safety of self or others, according to organisational policies and procedures.
 - 3.4. Maintain the food preparation area in a hygienic condition and report cleaning, sanitising and maintenance requirements according to organisational policies and procedures.
 - 3.5. Maintain hygienic storage and select environmental conditions that avoid contamination of food.
 - 3.6. Handle food hygienically and in accordance with organisational and regulated food safety procedures.

Foundation Skills

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 guide are found in VETNet -

<https://vetnet.gov.au/pages/trainingdocs.aspx?q=5e0c25cc-3d9d-4b43-80d3-bd22cc4f1e53>

Assessment Requirements for CHCCCS042 Prepare meals

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- plan and prepare two meals and two snacks that:
 - meet the needs and preferences of the client
 - provide opportunities for client involvement.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- dysphagia:
 - the swallowing process
 - pathologies relevant to swallowing difficulties
 - aspiration risks
 - choking risks
 - impact on quality of life
 - safe eating and drinking:
 - thickened fluids
 - texture-modified meals
 - upright position
- common food requirements:
 - allergies
 - intolerances
 - nutritional needs
- nutrition:
 - major food groups
 - nutritional value of food and its impact on menu planning and purchasing decisions
 - nutritional food labels
 - nutritional needs at different stages of life
 - impact of nutrition on wellbeing:
 - physical
 - emotional
 - social

- individual needs and preferences relevant to meal planning and preparation:
 - dignity of risk
 - informed decision making
 - food requirements
 - meal preferences
 - meal routines
 - participation in food preparation
 - swallowing ability
 - chewing ability
 - condition of teeth and oral health, including dental prothesis
 - nutritional needs
 - cultural requirements of food, meal preparation and service
 - taste, texture and presentation
- approaches to engaging and supporting the person in meal preparation:
 - in home care
 - in residential aged care
 - in supported living environments
 - in community settings and public environments
- organisational policies and procedures:
 - reporting
 - meal preparation
 - food safety
 - work health and safety
- industry context relevant to meal preparation:
 - job role scope and functions
 - supervision requirements and limitations to job role
 - roles of interdisciplinary team members
- individualised plan content relevant to meal preparation:
 - size and frequency of meals and snacks
 - texture modification requirements
 - hydration requirements
- industry standards and frameworks relevant to meal preparation:
 - key aspects of the International Dysphagia Diet Standardisation Initiative (IDDSI)
 - principles of the Australian Guide to Healthy Eating
 - principles of the Australian Dietary Guidelines
- meal preparation risk identification, monitoring and responses
- types and safe use of cooking equipment and utensils
- methods for estimating, calculating and measuring ingredients
- methods of keeping cooking area clean and tidy
- basic food preparation and cooking methods.

Assessment Conditions

Skills must be demonstrated in the workplace or a simulated environment that reflects workplace conditions.

Assessment must ensure access to:

- facilities, equipment and resources that reflect real working conditions and model industry operating conditions and contingencies
- the International Dysphagia Diet Standardisation Initiative (IDDSI)
- the Australian Guide to Healthy Eating
- the Australian Dietary Guidelines
- individualised plans
- simple recipes
- ingredients
- cooking equipment and utensils.

Assessors must satisfy the Standards for Registered Training Organisations' requirements for assessors.

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