



Australian Government

Department of Education, Employment and Workplace Relations

CHCCN303A Contribute to provision of nutritionally balanced food in a safe and hygienic manner

Release: 1

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Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit describes the knowledge and skills required to ensure babies, children and young people are provided nutritionally balanced, safe and hygienically prepared food

Application of the Unit

Application

This unit supports the implementation and application of national and state food safety legislation, regulations, infant feeding guidelines and dietary guidelines for children and adolescents in Australia

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Not Applicable

Employability Skills Information

Employability Skills

This unit contains Employability Skills

Elements and Performance Criteria Pre-Content

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in *italics* are elaborated in the Range Statement.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

1. Plan food and drink provision

- 1.1 Within scope of own work role, ensure children are provided with food and drink consistent with current relevant dietary guidelines for infants, children and/or young people
- 1.2 Ensure children's individual needs are met to promote optimal growth and development, respecting *cultural requirements*, appetites and *food and drink preferences*
- 1.3 Encourage children to develop healthy eating habits
- 1.4 Ensure meals and snacks are nutritious, attractive and an appropriate serving size for children
- 1.5 Promote healthy eating through role modelling, positive food awareness and mealtime experiences
- 1.6 Provide education and support to families and children around healthy eating, including how to foster this
- 1.7 Plan and develop cycle *menus* of foods for each meal and/or snack to display for information of staff, parents and older children
- 1.8 Within scope of own work role, ensure nutrition policy includes identification, management and monitoring of special dietary needs related to food allergies and medical food conditions such as coeliac disease and diabetes

ELEMENT

2. *Maintain food safety* while carrying out food handling activities

PERFORMANCE CRITERIA

- 2.1 Within scope of own work role, carry out food handling, preparation and storage according to organisation guidelines, legislation and licensing requirements for food safety
- 2.2 Identify and remedy processes or practices which are not consistent with the guidelines according to local, state/territory legislation within scope of own work role
- 2.3 Address health conditions and/or illness that may impact on safe and healthy food handling
- 2.4 Wear clothing and footwear that is appropriate for the food handling task

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level required for this unit.

Essential knowledge:

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

These include knowledge of:

- The importance of healthy eating and physical activity for the promotion of healthy growth, development and weight and reduced risk of lifestyle related diseases such as cardiovascular disease and diabetes
- Recommendations for healthy eating - Dietary Guidelines for Children and Adolescents, Infant Feeding Guidelines (NHMRC) and the Australian Guide to Healthy Eating, including:
 - food groups and serving sizes as per current Australian dietary guidelines for children and adolescents and infant feeding guidelines (NHMRC)
 - the different types of fat found in food and the importance of dietary fats for children under 2 years of age and ability to identify which foods contain these fats
 - dietary requirements for infants and children according to age and developmental stage
- Relationship between food and nutrition and oral health and hygiene
- Infant feeding requirements, including:
 - importance and benefits of breast feeding
 - role of the service in supporting continued breast feeding
 - safe infant formula use
 - age-appropriate introduction of solids
- Anaphylaxis and related food allergies
- Specific risks to Aboriginal and Torres Strait Islander and other children who are at risk of underweight and nutrition deficiencies
- Importance of addressing individual dietary needs (e.g. cultural and religious practices/beliefs, allergies etc)
- Recognised state/territory food preparation, cooking, handling and storage requirements
- Understanding the importance of individual needs in provision of food

REQUIRED SKILLS AND KNOWLEDGE

Essential skills:

It is critical that the candidate demonstrate the ability to:

- Demonstrate that the provision of food (by parents/carers or service) is consistent with the current Dietary Guidelines for Children and Adolescents in Australia and the services nutrition policy

In particular to ensure that:

- children are provided with food and beverages that are appropriate for the service type and are consistent with the current Dietary Guidelines for Children and Adolescents in Australia
- children are provided a variety of foods (tastes, textures, colours, temperatures, cultures etc.) consistent with Dietary Guidelines for Children and Adolescents in Australia
- food is prepared, presented and stored in accordance with the recognised state food safety and handling requirements
- food is promoted through role modelling, food awareness experiences, and the provision of resources to children and families
- food provided for babies:
 - . breastfeeding is encouraged and supported
 - . breast milk and formula are stored and prepared appropriately
 - . food and milk is warmed and tested for temperature
 - . solid food is introduced appropriately in accordance with the Australian dietary guidelines for children and adolescents
- Explain and address dietary requirements for different ages and developmental stages
- Contribute to menu planning and implementing healthy food and drink choices appropriate to the service type and that is consistent with the current Dietary Guidelines for Children and Adolescents in Australia and the services nutrition policy

In addition, the candidate must be able to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

These include the ability to:

- Demonstrate application of skills in:
 - menu planning, cooking and preparation of appropriate food and drinks suitable for children and babies and that is consistent with the current Dietary Guidelines for Children and Adolescents in Australia and the services nutrition policy
 - safe food handling including the handling and storage of food and drink (including expressed breast milk) provided by parents and/or carers
 - label reading to identify nutritional value of foods and selection of healthier choices with respect to foods low in saturated fat and salt and high in fibre
- Contribute to policy development on healthy eating and nutrition

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

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

- The individual being assessed must provide evidence of specified essential knowledge as well as skills
- This unit could be assessed either on the job or off the job through an appropriate workplace simulation for a range of age groups and a range of conditions over a number of assessment situations

Access and equity considerations:

- All workers in community services should be aware of access, equity and human rights issues in relation to their own area of work
- All workers should develop their ability to work in a culturally diverse environment
- In recognition of particular issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on Aboriginal and Torres Strait Islander people
- Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on Aboriginal and/or Torres Strait Islander clients and communities

EVIDENCE GUIDE

Context of and specific resources for assessment:

- This unit can be assessed independently, however holistic assessment practice with other community services units of competency is encouraged
- Resources required for assessment include access to:
 - a childcare workplace
 - children's services, resources and equipment
 - the local environment
 - food safety and nutrition policy

Method of assessment:

- In cases where the learner does not have the opportunity to cover all relevant aspects in the work environment, the remainder should be assessed through realistic simulations, projects, previous relevant experience or oral questioning on 'What if?' scenarios
- Assessment of this unit of competence will usually include observation of processes and procedures, oral and/or written questioning on Essential knowledge and skills and consideration of required attitudes
- Where performance is not directly observed and/or is required to be demonstrated over a 'period of time' and/or in a 'number of locations', any evidence should be authenticated by colleagues, supervisors, clients or other appropriate persons

Range Statement

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. Add any 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.

RANGE STATEMENT

Planning for nutritional needs will include:

- Provision of food and drinks consistent with the current dietary guidelines for children and adolescents in Australia and infant feeding guidelines
- Relevant to nutritional needs for age and developmental status

Health needs of children to be considered may include:

- Medical advice and diet
- Allergies to certain foods
- Underweight (failure to thrive) and iron deficiency anaemia
- Overweight or obesity

Culturally based food requirements and preferences may include:

- Religious observations
- Meal patterns
- Foods used
- Hot or cold meals
- Spices and flavourings used

Food and drink preferences will vary according to:

- Age
- Culture
- Dietary requirements
- Religion
- Family patterns
- Individual tastes
- Stage of the day
- Appetite
- Food allergies

Menus relevant to each service and type may include:

- Breakfast
- Lunch
- Dinner
- Snacks
- Drinks

RANGE STATEMENT

Appetising food may consider:

- Colour
- Shape
- Texture
- Variety

Maintain food safety includes:

- Maintenance of clean and tidy areas for food handling, preparation and storage
- Compliance with personal hygiene standards
- Compliance with workplace measures to prevent pests entering food premises
- Identification and reporting of any indicators of pest presence
- Safe disposal of food according to food safety program requirements

Unit Sector(s)

Not Applicable