



Australian Government

Assessment Requirements for FBPFST4011

Apply the principles of nutrition to food processing

Release: 1

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Modification History

Release	Comments
Release 1	This version released with the FBP Food, Beverage and Pharmaceutical Training Package Version 2.0.

Performance Evidence

An individual demonstrating competency in this unit must satisfy all of the elements and performance criteria of this unit.

There must be evidence that the individual has applied the principles of nutrition to a minimum of three different foods in a food processing environment, including:

- determining the nutritive value of processed food products based on nutritional information
- assessing the impact of food processing and preservation techniques on nutrient retention in the food product
- applying knowledge of food properties and nutrition to contribute to product development or planning.

Knowledge Evidence

An individual must be able to demonstrate the knowledge required to perform the tasks outlined in the elements and performance criteria of this unit. This includes knowledge of:

- roles of proteins, carbohydrates, vitamins and minerals, dietary fibre, lipids and water in nutrition
- the processes of digestion, absorption and energy metabolism in the human body
- the effects of processing and storage on nutrients, and the methods for overcoming these
- nutritional needs of typical customers to the business
- typical human energy requirements
- impacts of processing on nutritive properties of food
- nutritional information on food labels
- product development processes
- processing methods that reduce negative nutritional effects or cater for nutritional deficiencies
- use of additives as nutritional enhancers
- key macro- and micronutrients for a healthy diet

- dietary guidelines and legislative requirements related to processed foods
- nutrition-related risk factors and diseases
- common food intolerances and allergies
- common diseases caused by nutritional deficiencies
- modified and functional foods and nutraceuticals
- public health and environmental hazards, in relation to nutrition.

Assessment Conditions

Assessment of skills must take place under the following conditions:

- physical conditions:
 - skills must be demonstrated in a workplace setting or an environment that accurately represents a real workplace
- resources, equipment and materials:
 - production process and related equipment, food testing data and operating procedures
 - methods and related software systems for collecting data and calculating yields, efficiencies and material variances appropriate to production environment
- specifications:
 - test methods used to report relevant product/process information and recorded results
 - nutritional information on ingredients and food products.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

Links

Companion Volume Implementation Guides are found in VETNet: -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=78b15323-cd38-483e-aad7-1159b570a5c4>