



Australian Government

FBPFST5004 Specify and monitor the nutritional value of processed food

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.

Application

This unit of competency describes the skills and knowledge required to provide nutritional information for processed food, and to implement procedures to optimise the nutritional value of a product.

This unit applies to individuals who are responsible for specifying and monitoring the nutritional value of foods through processing and verifying the accuracy of label information in technical management roles or product development roles.

No occupational licensing or certification requirements apply to this unit at the time of publication. However, legislative and regulatory requirements for food processing exist, so local requirements must be checked. All work must comply with Australian food safety standards and relevant codes of practice.

Pre-requisite Unit

Nil

Unit Sector

Food science and technology (FST)

Elements and Performance Criteria

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Assess the benefits of food products developed or modified to meet the needs of a customer	1.1 Investigate common nutritional deficiencies and related diseases 1.2 Identify appropriate diets for customers with specific requirements or health challenges

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
group	1.3 Identify and categorise modified and functional foods 1.4 Identify key macro- and micronutrients required for a healthy diet 1.5 Assess the main benefits of food products developed or modified to meet the nutritional needs of special groups
2. Specify requirements for food product to meet target need	2.1 Identify the dietary intakes and requirements for an identified consumer group 2.2 Evaluate nutritional requirements to be considered during product development 2.3 Specify nutritional requirements of processed food item
3. Evaluate methods of preserving nutrients during food processing and storage	3.1 Analyse the effects of food processing and storage conditions on the stability of nutrients 3.2 Evaluate the need for fortification of processed foods in the Australian diet 3.3 Evaluate food processing and storage methods for their impact on the nutritive value of product
4. Apply nutritional information and issues to product development, labelling and marketing of processed foods	4.1 Provide food storage and preparation information related to maintaining nutritional value and food safety 4.2 Ensure label complies with requirements of Food Standards Code 4.3 Apply organisational and National Health and Medical Research Council Australian Dietary Guidelines for nutritional information on product labels 4.4 Evaluate nutritional issues in relation to the legal and ethical marketing of processed foods

Foundation Skills

This section describes those language, literacy, numeracy and employment skills that are essential for performance in this unit of competency but are not explicit in the performance criteria.

Skill	Description
Reading	- Interpret research and analytical materials - Interpret guidelines, standards and regulations for nutritional

Skill	Description
	information on product labels Interpret food processing and storage procedures
Writing	Document nutritional information and issues
Numeracy	- Interpret analytical results and nutritional information about a product - Maintain and analyse data resulting from testing of new food products

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
FBPFST5004 Specify and monitor the nutritional value of processed food	FDFST5004A Specify and monitor the nutritional value of processed food	Updated to meet Standards for Training Packages Rearranged Elements and Performance Criteria to clarify intent	Equivalent unit

Links

Companion Volume Implementation Guides are found in VETNet: -

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

Assessment Requirements for FBPFST5004 Specify and monitor the nutritional value of processed food

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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 specified and monitored the nutritional value of processed food items, including:

- analysing the total nutritional components of at least one processed food product to determine whether it meets regulatory requirements and target audience needs
- evaluating nutritional issues in relation to product development, labelling and marketing of processed foods
- determining the processing requirements of food to meet specific nutritional requirements
- recognising key macronutrients required for a healthy diet
- comparing the nutritional needs of special population groups
- evaluating nutrition-related risk factors and diseases
- producing a food label that accurately reflects a product's nutritional value and complies with legislative requirements.

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:

- Food Standards Code
- National Health and Medical Research Council Australian Dietary Guidelines
- key macro- and micronutrients for a healthy diet
- human energy requirements
- dietary guidelines and legislative requirements related to processed foods and labelling
- the effects of processing and storage on nutrients, and the methods for overcoming these effects
- the role of proteins in nutrition
- the role of carbohydrates in nutrition
- the role of vitamins and minerals in nutrition

- the role of dietary fibre
- the role of lipids in nutrition
- the body's processes and their role in nutrition
- nutrition-related risk factors and diseases
- food intolerances and allergies
- diseases caused by nutritional deficiencies
- modified and functional foods and nutraceuticals.

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:
 - food testing equipment, data and operating procedures
 - methods and related software systems to calculate nutritional properties of processed foods
 - sample processed food items
- specifications:
 - tests used to identify nutritional information in processed food.

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

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