



Australian Government

HLTAHA039 Assist in the development of meals and menus to meet dietary and cultural requirements

Release: 1

HLTAHA039 Assist in the development of meals and menus to meet dietary and cultural requirements

Modification History

Not applicable.

Application

This unit describes the skills and knowledge required to provide assistance to a Dietitian. Work includes assisting Accredited Practising Dietitian (APD) with the planning and evaluation of meals and menus based on the Australian Dietary Guidelines and dietary requirements for various health conditions to meet the nutritional, cultural needs and preferences of individuals.

This unit applies to allied health assistants and should be performed under the direct, indirect or remote supervision and delegation of an Accredited Practising Dietitian (APD).

The skills in this unit must be applied in accordance with Allied Health Assistant Framework, Commonwealth and State or 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

Competency Field

Allied Health

Unit Sector

Health

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Receive delegation and gather information.

PERFORMANCE CRITERIA

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

- 1.1. Obtain written or verbal delegation for an allied health activity from the Dietitian.
- 1.2. Obtain information from relevant sources and delegating Dietitian, according to organisational policy and procedures.

- 1.3. Discuss and confirm with delegating Dietitian dietary needs, therapy, treatment plans and work health and safety (WHS) requirements.
2. Identify the nutrients and food group serves recommended for good health for individual groups.
 - 2.1. Categorise foods according to five food groups, identifying key nutrients by each food group and individual foods within that group.
 - 2.2. Identify recommended serves of various food groups for individual group, in consultation with a Dietitian.
3. Plan and develop menus in accordance dietary and menu guidelines.
 - 3.1. Plan individual menus according to menu planning principles.
 - 3.2. Select food preparation and cooking methods in consultation with food production personnel to maintain maximum nutritional value of foods.
 - 3.3. Plan individual meals and menus to minimise nutrient imbalance, incorporating relevant dietary guidelines.
 - 3.4. Plan food group serves to meet the nutritional needs of individuals within their food groups.
 - 3.5. Discuss and confirm individual menu plans with the delegating Dietitian.
4. Identify food-related cultural and religious needs of individual groups.
 - 4.1. Identify an individual's group, use correct terminology and observe cultural customs.
 - 4.2. Consider cultural groups and general characteristics of their cuisine in individual menu planning.
 - 4.3. Identify dietary regimes, practices and beliefs associated with cultural and religious groups that may influence food choices.
 - 4.4. Plan and modify individual meals and menus to meet specific cultural and religious needs of individual group in line with organisational and menu guidelines.
5. Evaluate meals and menus.
 - 5.1. Follow processes defined by delegating Dietitian to evaluate meals and menus to ensure they meet nutritional requirements of individual.
 - 5.2. Follow processes defined by delegating Dietitian to evaluate meals and menus to ensure they meet cultural and religious needs of the person.
 - 5.3. Follow processes defined by Dietitian to evaluate meals and menus to ensure the person's satisfaction.
 - 5.4. Evaluate individual meals and menus to ensure feasibility of production in relation to equipment requirements, time and skills as well as budgetary constraints.
 - 5.5. Make adjustments to individual person's menus according to findings and the delegating Dietitians' directions.

Foundation Skills

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

Supersedes and is not equivalent to HLTAHA018 Assist with planning and evaluating meals and menus to meet recommended dietary guidelines.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>

Assessment Requirements for HLTAHA039 Assist in the development of meals and menus to meet dietary and cultural requirements

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, develop and evaluate menus for three individual groups, one in simulation and two in the workplace, based on organisational food, nutrition and therapeutic diet guidelines or the Australian dietary guidelines for provision of food for individuals
- plan and modify meals and menus for at least two people with specific cultural or religious food-related requirements in simulation
- perform the activities outlined in the performance criteria of this unit during a period of at least 120 hours of allied health assistance work. At least 60% of this work must be carried out in an allied health workplace. The remaining 40% may be carried out in a simulated environment, if an allied health workplace is unavailable.

Knowledge Evidence

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

- allied health core competencies:
 - person-centred care
 - individual therapy
 - group therapy
 - communication of information
 - equipment and environment
- processes for planning and evaluation of meals and menus based on:
 - Australian dietary guidelines and other relevant guidelines across the lifespan
 - relevant organisational food, nutrition and diet guidelines
 - cooking methods and equipment requirements
 - food preparation and food service systems
 - principles of nutrition, diet therapy, nutrition supplements and factors that place person at risk of malnutrition and inadequate hydration or food insecurity
 - common fluid and food restrictions
 - range of menus and menu items
 - standardised recipes

- various cultural and religious requirements in relation to food, relevant to the profile of the community served by the organisation including:
 - Halal
 - Kosher
 - types of vegetarianism
 - ovo-lacto
 - lacto
 - vegan
- how to recognise malnutrition
- organisational policies and procedures in relation to:
 - confidentiality:
 - privacy
 - disclosure
 - duty of care
 - documentation:
 - reporting
 - recording data
 - written communication to Allied Health Professional
 - professional behaviour and presentation
 - infection control practices food safety program as they relate to assisting with meals, menus and dietary guidelines
 - work health and safety (WHS)
 - manual handling
 - supervision and delegation
- principles of empowering the older person
- principles of empowering people living with disability or serious mental illness
- changes related to ageing
- concepts of holistic health and wellbeing
- social determinants of health
- concepts of the medical model, the biopsychosocial models and the human rights-based approach of allied health interventions
- principles of choice and control
- concept of reablement
- allied health settings:
 - hospital
 - community health
 - mental health
 - disability sector
 - aged care sectors.

Assessment Conditions

Skills may be demonstrated in the workplace, or in a simulated environment, as per the conditions outlined in the performance evidence.

Assessment must ensure access to use of suitable facilities and resources, including:

- food safety standards and procedures
- food packaging and storage requirements
- work plan
- menu planning tools
- individualised plans.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- be a Certificate IV qualified Allied Health Assistant with a minimum of three years of professional experience in allied health services; or
- an Accredited Practising Dietitian (APD).

Links

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