



Australian Government

HLTFSE006 Prepare foods suitable for a range of client groups

Release: 1

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Modification History

Release	Comments
Release 1	This version was released in <i>HLT Health Training Package release 3.0</i> and meets the requirements of the 2012 Standards for Training Packages. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Removed prerequisite. Supersedes HLTF302D

Application

This unit describes the skills and knowledge required to prepare and present meals in a manner that meets the nutritional requirements of client groups in a range of health and community services and food service settings.

This unit applies to food services staff with well developed skills where some discretion and judgement is required. Individuals will take responsibility for their own outputs and may have limited responsibility for the output of others.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes.

Performance criteria specify the level of performance needed to demonstrate achievement of the element.

1. Identify the *client groups* in a range of settings

1.1 Identify client groups

1.2 Identify and confirm the nutritional needs of the client groups in accordance with organisation procedures, dietitian and medical staff

1.3 Identify a range of *foods* that meet the nutritional needs of the client groups in accordance with

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organisational guidelines

2. Select appropriate foods for specific client groups

2.1 Select appropriate foods for menu items to meet the nutritional needs of specific client groups and to promote healthy eating

2.2 Select appropriate standard recipes

3. Prepare, cook and serve meals suitable for specific client group

3.1 Prepare food by accurately following standard recipes to ensure product consistency, nutritional integrity and to minimise wastage

3.2 Modify food texture to meet the needs of client groups and organisation standards

3.3 Use portion control equipment to plate meals in accordance with organisation requirements

3.4 Serve meals in an appealing and attractive manner

4. Follow procedures for safe food preparation

4.1 Monitor workplace safety and take action to identify and prevent hazards

4.2 Promptly rectify faults to equipment or refer promptly for remedial action

4.3 Use suitable food preparation and cookery methods to maximise nutritional value of foods prepared and maintain food safety

4.4 Use infection control and hygiene procedures according to legislative and organisation guidelines

4.5 Discard out-of-date food and ingredients

4.6 Comply with cleaning, sanitation and waste storage and disposal practices

4.7 Receive, store, prepare, cook, transport, serve and handle food to prevent deterioration, contamination and the growth of microorganisms

4.8 Store leftover food safely and hygienically and use within a safe period of time or discard according to organisation procedures

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Elements define the essential outcomes.

Performance criteria specify the level of performance needed to demonstrate achievement of the element.

5. Evaluate meals and work performance

5.1 Seek feedback from clients to determine levels of satisfaction

5.2 Evaluate meals against organisation standards and client satisfaction

5.3 Seek advice and feedback from colleagues and supervisor regarding client feedback and work performance

5.4 Use advice and feedback to identify areas for development and opportunities for continuous improvement of work standard

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

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 guides are found in VETNet -

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

Assessment Requirements for HLTFS006 Prepare foods suitable for a range of client groups

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Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in the elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- selected appropriate recipes and prepared a different main meal suitable for each of the following clients:
 - client with a specific cultural requirement
 - client with an allergy
 - client with restricted diet due to drug-food interactions
 - client with swallowing issues requiring food texture modification.

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in the elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- food safety principles and regulations
- food safety hazards and risks
- food safety program requirements
- basic cookery methods, including the principles of bulk cooking
- client conditions and associated needs and requirements

- specific dietary requirements, including:
 - coeliac
 - diabetes
 - food allergies
 - food intolerances
 - swallowing problems requiring food texture modification
 - malnutrition
- current Australian Standards for texture modified food and fluids
- food and fluid texture modification techniques
- different cultural requirements relevant to client group and individuals, including:
 - halal
 - Hindu
 - kosher
 - vegetarian
 - vegan
- foods that promote good health and principles of nutrition, including food selection and cookery methods that comply with the current *Dietary Guidelines for Australians* for the general population, including adults, children and adolescents
- additional dietary guidelines for specific populations, including older people and unwell people
- key health and legal consequences of failing to address special requirements:
 - drug-food interactions
 - allergic reactions
 - anaphylaxis
 - food sensitivity or intolerance reactions
 - choking.

Assessment Conditions

Skills must have been demonstrated in a workplace or a simulated environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities equipment and resources, including:
 - food service and food safety program policies and procedures
 - food service facilities, equipment and utensils for handling, preparing, storing, heating, transporting and disposing of food and beverages
 - menus, recipes and associated ingredients
 - appropriate clothing and footwear
 - personal protective clothing and wound dressings
 - food and beverages
 - cleaning equipment
 - hand washing facilities and equipment

- manufactures' manuals for kitchen equipment
- food packaging and storage requirements
- modelling of industry operating conditions.

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

Links

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