



Australian Government

HLTHPS010 Interpret and use information about nutrition and diet

Release: 1

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Modification History

Release	Comments
Release 1	This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages. New unit.

Application

This unit describes the skills and knowledge required to interpret and use basic information about nutritional principles and healthy diet. It does not include the provision of therapeutic nutritional or dietary advice to individual clients or the recommendation of ‘practitioner only’ nutritional products.

This unit applies to individuals working with clients within the limits of the *Australian dietary guidelines*. They make referrals to other health professionals or accredited practising dietitians when those limits are exceeded.

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

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

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

1. Access nutritional and dietary information

- 1.1 Establish credible sources of information about nutrition and diet
- 1.2 Access and interpret current dietary guidelines for healthy Australians and nutritional information that support self-care
- 1.3 Extract and distil information relevant to own practice

2. Use information about diet

2.1 Determine situations where nutrition and diet may

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

and nutrition

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

play a role for individual clients

2.2 Integrate knowledge of basic nutrition and diet into service provision

2.3 Promote healthy diet and nutrition to others based on the *Australian dietary guidelines*

2.4 Provide information on lifestyle, self-care practices and specialist services related to diet and nutrition

2.5 Identify situations where referral to a health care professional is required and take action accordingly

3. Maintain own knowledge of nutrition

3.1 Identify and use opportunities to update nutritional knowledge

3.2 Monitor current issues and trends in nutrition and diet

3.3 Evaluate potential changes in own work based on updated knowledge

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 HLTHPS010 Interpret and use information about nutrition and diet

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Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in 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:

- used critical thinking skills to review and distil information about nutrition and diet
- used information about nutrition and diet within the scope of own job role in the provision of services to at least 3 different people

Knowledge Evidence

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

- legal and ethical requirements in relation to the provision of nutritional and diet information to clients:
 - roles, responsibilities and limitations of different people
 - conflicts of interest and ethical considerations
- source of information about nutrition and diet and ways to assess their credibility
- established evidence-based sources of information about nutrition and diet
- anatomy and physiology relating to diet, including:
 - structure of the digestive system
 - role of metabolism
 - digestive processes and activities, including:
 - ingestion
 - mechanical digestion
 - propulsion

- chemical digestion
 - absorption
 - defecation
- primary components of *Australian dietary guidelines*, including those for older Australians, children and adolescents.
- foods and their key features as described in the *Australian dietary guidelines*, including diet related aspects of chronic disease:
 - diabetes
 - cardiovascular
 - obesity/eating disorders
- basic principles and practices of nutrition and healthy diet, including nutrients, their function, recommended dietary intake (RDI), toxicity and their food sources
- benefits of antioxidants, and food groups that provide good sources
- influences on food choices for individuals
- food labelling and interpretation
- role and implications of using food additives and preservatives
- health implications of food choices
- role of good nutrition in avoiding dietary diseases
- effects of various processing and cooking methods and food storage on nutrients
- commonly encountered food intolerances
- main types and characteristics of special diets that are part of contemporary Australian society:
 - diabetic
 - coeliac/gluten free/low gluten
 - low cholesterol
 - low fat
 - sugar free
 - vegetarian
 - vegan
 - diets specific to different cultures and religions
- the meaning of:
 - drug–food interactions
 - food allergy
 - food intolerance
 - alkaline and acidity charts
- indicators of need for referral to specialist advice

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated environment that reflects workplace conditions. Where simulation is used, it must reflect real working conditions by modelling industry operating conditions and contingencies, as well as using suitable facilities, equipment and resources.

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

Links

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