



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>