



Australian Government

SISSPAR003 Follow specialist dietary advice

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required by individuals to seek and follow specialist dietary advice and select and prepare their own meals and snacks in a domestic kitchen.

This unit of competency applies to individuals working in a diverse range of industries where the individuals require specialist dietary advice to perform their work. This includes athletes in the Australian sport industry competing in a sport at a local, state or national level.

Those undertaking this unit work with the support of an Accredited Practising Dietician.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Participation

Unit Sector

Sport

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Seek and follow specialist dietary advice.

PERFORMANCE CRITERIA

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

- 1.1. Discuss individual goals, expectations, preferences, physical activity and eating patterns with dietitians.
- 1.2. Consult with dietitians to obtain specialist advice on healthy eating patterns required to meet individual goals.
- 1.3. Consult with dietitians to obtain specialist advice on nutritional strategies and recipes to meet individual goals.
- 1.4. Read and interpret dietary advice provided by dietitians.
- 1.5. Follow specialist advice provided by dietitians in day to

- day activities.
2. Prepare food.
- 2.1. Prepare, handle and store food products to meet food safe conditions.
 - 2.2. Select and measure ingredient quantities to meet recipe specifications.
 - 2.3. Use food preparation methods, equipment and tools to prepare meals and snacks.
 - 2.4. Clean food preparation areas, equipment and tools to meet food safe conditions.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Writing skills to:	record eating patterns.
Oral communication skills to:	ask open and closed questions and actively listen to seek advice and confirm understanding of specialist dietary advice.
Numeracy skills to:	- identify and interpret food labels, ingredient quantities in recipes, dates on ingredient labels and temperature and timer settings when cooking - use domestic kitchen measuring equipment to estimate and measure ingredient weights and volumes - perform calculations to modify recipes.
Problem-solving skills to:	make healthy eating decisions when eating out.
Planning and organising skills to:	plan meals and snacks.

Unit Mapping Information

No equivalent unit

Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>

Assessment Requirements for SISSPAR003 Follow specialist dietary advice

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:

- follow specialist dietary advice that involves:
 - seeking and following specialist dietary advice from one Accredited Practising Dietician
 - preparing own meals and snacks to meet specialist dietary advice over a period of three days.

Knowledge Evidence

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

- organisational policies and procedures applicable to following specialist dietary advice
- food safe conditions applicable to food handling, preparation and storage in a domestic kitchen
- role and functions of dieticians
- limitations to the role of non dieticians in relation to providing dietary advice
- Australian Dietary Guidelines, food groups and the basic nutritional benefits of foods
- types and safe use of domestic food preparation equipment and tools
- techniques for measuring ingredient quantities including:
 - by weight
 - by volume
 - by count
 - by estimation
- basic food preparation methods
- basic nutrition and domestic cooking terminology.

Assessment Conditions

Skills must be demonstrated in:

- a work environment. This can be a workplace or simulated environment.

Assessment must ensure use of:

- a domestic kitchen equipped with domestic food preparation equipment and tools
- an Accredited Practising Dietician.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors.

Links

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