



Australian Government

SITHCCC018 Prepare food to meet special dietary requirements

Release: 1

SITHCCC018 Prepare food to meet special dietary requirements

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare dishes for people who have special dietary needs for health, lifestyle or cultural reasons. It requires the ability to confirm the dietary requirements of customers, use special recipes, select special ingredients and produce food to satisfy special requirements.

This unit does not include menu planning for special diets which is covered in the unit SITHKOP004 Develop menus for special dietary requirements.

The unit applies to cooks and patissiers working in hospitality and catering organisations. This could include restaurants, educational institutions, health establishments, defence forces, cafeterias, kiosks, cafes, residential caterers, in flight and other transport caterers, and event and function caterers.

It applies to individuals who work under the guidance of more senior chefs. They demonstrate autonomy and judgement to complete routine activities and take limited responsibility in known and stable contexts within established parameters.

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

Pre-requisite Unit

SITXFSA001 Use hygienic practices for food safety

Competency Field

Commercial Cookery and Catering

Unit Sector

Hospitality

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes.

1. Confirm special dietary requirements and select

PERFORMANCE CRITERIA

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

- 1.1. Confirm dietary and cultural food requirements of the customer.

- ingredients.
- 1.2.Liaise with others to clarify requirements.
 - 1.3.Recognise potential health consequences of overlooking special dietary requirements of customers.
 - 1.4.Access special dietary recipes and select specialised ingredients.
 - 1.5.Identify from recipes and packaging, ingredients that may cause health consequences due to food allergies or intolerance.
 - 1.6.Exclude ingredients from dishes as requested by the customer.
2. Prepare foods to satisfy nutritional and special dietary requirements.
 - 2.1.Follow recipes to produce dishes for those with special dietary requirements.
 - 2.2.Modify menu items to meet different dietary requests by excluding or substituting ingredients while maintaining equivalent nutritional value.
 - 2.3.Communicate specific dietary requirements for food preparation to **other team members**.
 - 2.4.Select appropriate ingredients to ensure optimum nutritional quality of dishes.
 - 2.5.Use appropriate equipment and cooking techniques for specific diets.
 - 2.6.Employ suitable preparation and cooking techniques to retain optimum nutritional values.
 3. Present prepared food.
 - 3.1.Present nutritionally balanced food in an appetising and attractive manner.
 - 3.2.Visually evaluate dish and **adjust presentation** as required.
 - 3.3.Store dishes in appropriate **environmental conditions**.
 - 3.4.Minimise waste to maximise profitability of food items prepared.
 - 3.5.Clean work area, and dispose of or store surplus and re-usable by-products according to organisational procedures, environmental considerations, and cost-reduction initiatives.

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

Reading skills to:

- understand packaging labels on ingredients and identify

	ingredients that do not meet special dietary requirements.
Writing skills to:	record clear, sequenced instructions detailing suitable and unsuitable ingredients and quantities.
Oral communication skills to:	listen to customers and note specific information relating to special food preparation requirements.
Numeracy skills to:	- weigh and measure ingredients - determine cooking times and temperatures.
Learning skills to:	participate in opportunities to develop own skills in responding with special recipes to specific requirements.
Problem-solving skills to:	adjust or substitute standard menu items that respond to special customer dietary needs and requests.
Teamwork skills to:	negotiate suitable response to customer dietary needs with kitchen team members.
Planning and organising skills to:	efficiently sequence the stages of food preparation and production.
Technology skills to:	use commercial food preparation and cooking equipment.

Range of Conditions

Specifies different work environments and conditions that may affect performance. Essential operating conditions that may be present (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) are included.

Range is restricted to essential operating conditions and any other variables essential to the work environment.

Other team members must include the appropriate:

- allied health professional
- customer
- diet technician
- dietitian
- family member
- health and medical personnel
- nutritionist
- religious personnel
- supervisor or manager.

Adjusting presentation must involve consideration of:

- accompaniments and garnishes that maximise visual appeal:
 - balance
 - colour
 - contrast

Environmental conditions must ensure appropriate:

- plated food for practicality of:
 - customer consumption
 - service
- wiping drips and spills.
- atmosphere
- humidity
- light
- packaging
- temperature
- use of containers
- ventilation.

Unit Mapping Information

SITHCCC307 Prepare food to meet special dietary requirements

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=68c40a93-e51d-4e0f-bc06-899dff092694>

Assessment Requirements for SITHCCC018 Prepare food to meet special dietary 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:

- follow recipes to prepare six different dishes that cater to customers with different dietary requests, including at least one of each of the following:
 - food restrictions
 - food preferences
 - cultural or religious requirements
- modify recipes and menu items to meet dietary requests specified above, excluding or substituting ingredients while maintaining equivalent nutritional value
- produce above dishes for at least six different customers:
 - within commercial time constraints and deadlines
 - reflecting required quantities to be produced
 - following procedures for portion control and food safety practices when handling and storing food.

Knowledge Evidence

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

- culinary terms and trade names for:
 - substitute ingredients used to produce dishes with special dietary recipes
 - ingredients suitable for meeting basic nutritional needs
 - ingredients that cause common allergic reactions
 - food additives and preservatives
- understanding of:
 - drug-food interaction
 - food allergy
 - food intolerance
 - cultural and religious dietary sanctions
- main types, culinary characteristics and ingredients of special diets and cultural or religious diets that are part of contemporary Australian society:
 - contemporary eating regimes:

- elimination
- macrobiotic
- exclusions for allergies, contraindications with medicines or food intolerance
- fat-free
- fluids
- food preferences
- food restrictions
- gluten-free
- halal
- high carbohydrate
- high or low energy
- high or low protein
- high fibre
- Hindu
- kosher
- lacto ovo
- low carbohydrate
- low cholesterol
- low fat
- low gluten
- low kilojoule
- low sugar
- modified sodium or potassium
- modified texture
- nutritional requirements
- portion size
- substitutes:
 - gluten-free flour
 - yeast-free flour
 - non-sugar sweeteners
- sugar-free
- type one and two diabetes
- vegan
- vegetarian
- key health and legal consequences of failing to address special requirements:
 - allergic reactions
 - anaphylaxis
 - food sensitivity or intolerance reactions
- mise en place requirements for special diet foods
- basic principles and practices of nutrition:

- nutrients and their food sources
- influence on food choice
- food and beverage selection influences
- 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 cooking methods and food storage on nutrients
- primary components of Dietary Guidelines for Australians, in particular those for older Australians, children and adolescents.

Assessment Conditions

Skills must be demonstrated in an operational commercial kitchen. This can be:

- an industry workplace
- a simulated industry environment, such as a training kitchen servicing customers.

Assessment must ensure access to:

- fixtures and large equipment:
 - commercial:
 - blenders and food mills
 - food processors
 - planetary mixers
 - commercial dishwasher
 - commercial grade work benches (1.5 m/person)
 - commercial ovens with trays (one per two persons)
 - commercial refrigeration facilities:
 - cool room
 - freezer
 - fridge
 - deep-fryer
 - designated storage areas for dry goods and perishables
 - double sink
 - gas, electric or induction stove tops (two burners per person)
 - hot plate or griddle
 - microwave
 - salamander or other form of griller (one per four persons)
 - storage facilities:
 - shelving
 - trays

- slicers
- steamers
- small equipment:
 - baking sheets and trays
 - beaters
 - cake tins with:
 - fixed base in a range of shapes
 - loose bottom
 - containers for hot and cold food
 - cutting boards
 - food handler gloves
 - graters
 - juicers
 - knife sharpening equipment
 - sharpening steels and stones
 - knives:
 - butcher and boning knives
 - bread knives
 - carving knives
 - large serrated cake knives
 - filleting knives
 - palette knives
 - utility knives
 - measurers:
 - metric calibrated measuring jugs
 - measuring spoons
 - portion control scoops
 - mortar and pestle
 - moulds and forms
 - mouli
 - oven mitts
 - piping bags and attachments
 - poachers
 - range of pans and pots for small and large production:
 - tilting fry pans
 - stainless steel, cast iron, iron and non-stick fry pans
 - stock pots
 - salad spinner
 - scales
 - scoops, skimmers and spiders

- sets of stainless steel bowls
- service-ware:
 - platters, dishes, and bowls
 - cutlery and serving utensils
- small utensils:
 - flour and drum sieves
 - pastry brush
 - peelers, corers and slicers
 - strainers and chinois
 - scrapers
 - spatulas
 - tongs and serving utensils
 - whisks:
 - fine stainless steel wire
 - coarse stainless steel wire
- spoons:
 - large plain and slotted metal spoons
 - ladles in a variety of sizes
 - serving spoons
 - wooden spoons
- steamers
- temperature probes
- thermometers
- cleaning materials and equipment:
 - cleaning cloths
 - commercial cleaning and sanitising agents and chemicals for cleaning commercial kitchens, equipment and food storage areas
 - dustpans and brooms
 - garbage bins and bags
 - hand towel dispenser and hand towels
 - mops and buckets
 - separate hand basin and antiseptic liquid soap dispenser for hand washing
 - sponges, brushes and scourers
 - tea towels
- copy of Dietary Guidelines for Australians
- organisational specifications:
 - equipment manufacturer instructions
 - current commercial stock control procedures and documentation for ordering, monitoring and maintaining stock

- mise en place lists, menus, standard recipes, and recipes for special dietary requirements
- ordering and docketing paperwork
- food safety plan
- guidelines relating to food disposal, storage and presentation requirements
- safety data sheets (SDS) for cleaning agents and chemicals
- diverse and comprehensive range of perishable food supplies for commercial cookery or catering operations
- industry-realistic ratios of kitchen staff to customers; these can be:
 - staff and customers in an industry workplace during the assessment process; or
 - individuals who participate in role plays or simulated activities, set up for the purpose of assessment, in a simulated industry environment operated within a training organisation.

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

- have achieved the Certificate III in Commercial Cookery or Certificate IV in Commercial Cookery to assess this unit as part of a Certificate III in Commercial Cookery or Certificate IV in Commercial Cookery qualification; and
- have worked in industry for at least three years where they have applied the skills and knowledge of this unit of competency.

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