



Australian Government

SITHCCC018 Prepare food to meet special dietary requirements

Release: 1

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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>