



Australian Government

SITHCCC042 Prepare food to meet special dietary requirements

Release: 1

SITHCCC042 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 lifestyle, medical or religious 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 recipe planning for special diets which is covered in the unit SITHKOP012 Develop recipes 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.

The skills in this qualification must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

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

Pre-requisite Unit

Unit Code	Unit Title
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SITHCCC027	Prepare dishes using basic methods of cookery
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SITXFSA005	Use hygienic practices for food safety
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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 ingredients.

2. Prepare foods to satisfy nutritional and special dietary requirements.

3. Present prepared food.

PERFORMANCE CRITERIA

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

- 1.1. Confirm dietary requirements of the customer.
- 1.2. Recognise potential consequences of overlooking special dietary requirements of customers.
- 1.3. Access special dietary recipes and select specialised ingredients.
- 1.4. Identify from recipes and packaging, ingredients that may cause health consequences due to food allergies or intolerance.
- 1.5. Exclude ingredients from dishes to meet customer requirements.
- 2.1. Follow recipes to produce dishes for customers with special dietary requirements.
- 2.2. Modify menu items to meet different dietary requests by excluding or substituting ingredients.
- 2.3. Communicate specific dietary requirements for food preparation to other team members.
- 2.4. Select appropriate ingredients and preparation techniques to optimise nutritional quality of dishes.
- 2.5. Use appropriate equipment and cooking techniques for specific dishes.
- 2.6. Identify modified dishes to other team members prior to service.
- 3.1. Present food in an appetising and attractive manner.
- 3.2. Visually evaluate dish and adjust presentation as required.
- 3.3. Store finished 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:	interpret 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:	consult customers and colleagues and note specific information relating to special dietary 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.

Unit Mapping Information

Supersedes and is not equivalent to SITHCCC018 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 SITHCCC042 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:

- modify standard recipes to prepare six different dishes that cater to customers with special dietary requirements, including:
 - three different food allergies
 - three different food intolerances
- exclude or substitute ingredients to meet dietary requirements specified above, while maintaining the nutritional value and integrity of the dish
- prepare, plate and present two portions of each of the above six dishes:
 - within commercial time constraints and deadlines
 - demonstrating effective communication between team members regarding dietary requirements and recipe modifications during production and service of special dishes
 - following procedures for portion control and food safety practices including avoiding cross-contamination 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
- main types and characteristics of:
 - food allergy
 - food intolerance
 - religious dietary sanctions
- main types, culinary characteristics and ingredients of special lifestyle diets that are part of contemporary Australian society:
 - vegetarian including lacto ovo
 - vegan
 - pescatarian

- low or no fat
- high or low carbohydrate
- high or low protein
- “fad” diets:
 - paleo
 - raw
 - ketogenic
 - macrobiotic
 - flexitarian
- main types, culinary characteristics and ingredients of special medical diets that are part of contemporary Australian society:
 - type one and two diabetes
 - food intolerance:
 - gluten free
 - dairy free
 - FODMAPs
 - modified texture
 - low or no salt
 - food allergens:
 - peanuts
 - tree nuts
 - eggs
 - cow’s milk
 - fish
 - crustacea
 - sesame seeds
 - soy or soy beans
 - cereals containing gluten and their products namely wheat, rye, barley, oats, spelts and their hybridised strains
 - lupin
 - sulphites
- main types, culinary characteristics and ingredients of special religious diets that are part of contemporary Australian society:
 - Halal
 - Hindu
 - Kosher
- substitutes used in preparation of dishes to meet special dietary requirements
- key health, legal and reputational consequences of failing to address special requirements, including:
 - allergic reactions

- anaphylaxis
- food sensitivity and intolerance reactions
- customer preferences or aversions
- mise en place requirements for special diet foods
- basic principles and practices of nutrition:
 - nutrient groups and their food sources
 - vitamins
 - minerals
 - fibre
 - carbohydrates
 - fats
 - protein
 - water
 - influence on food choice
 - food labelling and interpretation
 - role and implications of using food additives and preservatives
 - health implications of food choices
- primary components and recommendations of the Australian Dietary Guidelines.

Assessment Conditions

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

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

Assessment must ensure access to:

- fixtures and equipment used to facilitate preparation of dishes as specified in the performance evidence
- food safe gloves
- 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 soap for hand washing
 - sponges, brushes and scourers
 - tea towels

- a copy of the Australian Dietary Guidelines
- organisational specifications:
 - equipment manufacturer instructions
 - current commercial stock control procedures and documentation for ordering, monitoring and maintaining stock
 - mise en place lists, standard recipes, and recipes for special dietary requirements
 - food safety plan
 - guidelines relating to food disposal, storage and presentation requirements
 - safety data sheets (SDS) for cleaning agents and chemicals
- a diverse and comprehensive range of perishable food supplies for commercial cookery or catering operations.

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

- have achieved the Certificate III or Certificate IV in Commercial Cookery, or Certificate III or IV in Catering Operations, or Certificate III or IV in Patisserie, or their successors; or

hold a trade certificate as a cook or chef or equivalent; 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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