



Australian Government

Assessment Requirements for SITHKOP004 Develop menus for special dietary requirements

Release: 1

Assessment Requirements for SITHKOP004 Develop menus for 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:

- develop and cost at least six menus or meal plans that individually or in combination meet at least six different special dietary requirements as specified in the knowledge evidence
- two of the above menus or meal plans must reflect one or more cultural or religious dietary requirements as specified in the knowledge evidence
- two of the above menus or meal plans must address the special dietary requirements of different customer groups as specified in the knowledge evidence
- evaluate each of the above menus by obtaining at least two of the following types of feedback:
 - customer satisfaction discussions with:
 - customers
 - employees during the course of each business day
 - customer surveys
 - improvements suggested by:
 - customers
 - managers
 - peers
 - staff
 - supervisors
 - suppliers
 - regular staff meetings that involve menu discussions
 - satisfaction discussions with:
 - customers
 - allied health professionals
 - dietitians
 - medical specialists
 - seeking staff suggestions for menu items
- develop above menus and menu plans within commercial time constraints, demonstrating:
 - methods for responding to feedback and adjusting menus
 - basic principles and practices of nutrition.

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 culinary characteristics of special diets that are part of contemporary Australian society:
 - eating regimes:
 - elimination
 - macrobiotic
 - exclusions for allergies, contraindications with medicines or food intolerance
 - fat-free
 - fluids
 - food preferences
 - food restrictions
 - gluten-free
 - high carbohydrate
 - high or low energy
 - high or low protein
 - high fibre
 - 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
- main types and culinary characteristics of cultural or religious diets that are part of contemporary Australian society:
 - halal
 - Hindu
 - kosher
 - vegan
 - vegetarian
- main types of customer groups that have special dietary requirements:
 - adolescents
 - athletes
 - children
 - defence forces
 - elderly
 - health care
 - ill or injured
 - infants
 - international tourists
 - nutritional and energy requirements due to physical condition
 - people in areas affected by disaster or environmental extremes
 - people from different socioeconomic groups
 - people in remote areas
 - those with weight problems:
 - underweight
 - overweight
 - obese
- meaning of:
 - drug-food interactions
 - food allergy
 - food intolerance
- key health and legal consequences of failing to address special requirements:
 - allergic reactions
 - anaphylaxis
 - food sensitivity or intolerance reactions
- basic principles and practices of nutrition:
 - nutrients and their food sources
 - influences 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 Australian Dietary Guidelines, in particular those for older Australians, children and adolescents and their use in menu planning
- methods and formulas for calculating portion yields and costs from raw ingredients:
 - butcher's test
 - standard measures
 - standard yield tests.

Assessment Conditions

Skills must be demonstrated in a hospitality industry business operation or activity for which special menus and meal plans are prepared. This can be:

- an industry workplace
- a simulated industry environment.

Assessment must ensure access to:

- computers, printers and software for costing and developing menus and meal plans
- Australian Dietary Guidelines
- recipes that accommodate a range of special dietary requirements.

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

- have worked in industry for at least three years where they have applied the skills and knowledge of this unit of competency.

Links

Companion Volume implementation guides are found in VETNet -

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