



Australian Government

Assessment Requirements for SITHKOP012 Develop recipes for special dietary requirements

Release: 1

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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 recipes that comply with the dietary and nutritional guidelines for at least eight of the following groups:
 - adolescents
 - athletes
 - children
 - defence force personnel
 - elderly people
 - people in health care
 - ill or injured people
 - people with nutritional and energy requirements due to physical condition
 - people in areas affected by disaster or environmental extremes
 - people in remote areas
- two of the above eight recipes must reflect one or more lifestyle dietary requirements
- four of the above eight recipes must address one or more medical dietary requirements
- two of the above eight recipes must address one or more religious dietary requirements
- develop above recipes demonstrating:
 - methods for responding to feedback and adjusting recipes
 - 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 common trade names for:
 - substitute ingredients used to produce dishes for special dietary requirements
 - ingredients suitable for meeting different nutritional needs
 - ingredients that cause common allergic reactions
 - food additives and preservatives
- main types, culinary characteristics and ingredients of special diets that are part of contemporary Australian society:

- lifestyle
- medical
- religious
- characteristics of special dietary requirements of customer groups mentioned in the performance evidence
- role of other professionals who may be involved in recipe planning for customers:
 - allied health professionals
 - dietitians
 - medical specialists
 - nutritionists
- main types and characteristics of:
 - drug-food interactions
 - food allergy
 - food intolerance
 - religious dietary sanctions
- key health, legal and reputational consequences of failing to address special requirements, including:
 - allergic reactions
 - anaphylaxis
 - food sensitivity or intolerance reactions
 - customer preferences and aversions
- basic principles and practices of nutrition:
 - nutrient groups and their food sources:
 - vitamins
 - minerals
 - fibre
 - carbohydrates
 - fats
 - protein
 - water
 - influences on food choice
 - 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 and recommendations of the Australian Dietary Guidelines, in particular those for older Australians, children and adolescents and their use in recipe planning
- methods and formulas for calculating portion yields and costs from ingredients:

- standard measures
- standard yield tests
- food cost percentage
- budgeted sales price
- GST addition or subtraction
- methods to gain feedback on suitability of recipes:
 - discussion with colleagues
 - discussion with customers
 - consultation with other professionals.

Assessment Conditions

Skills must be demonstrated in a business operation or activity where recipes for special dietary requirements are developed. This can be:

- an industry workplace; or
- an industry-realistic simulated environment.

Assessment must ensure access to:

- spreadsheet and word processing programs for recipe costing and documenting
- internet for research
- a copy of the Australian Dietary Guidelines
- commodity price lists.

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.

Links

Companion Volume implementation guides are found in VETNet -

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