



Australian Government

SITHKOP012 Develop recipes for special dietary requirements

Release: 1

SITHKOP012 Develop recipes for special dietary requirements

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to develop recipes for people who have special dietary needs for lifestyle, medical or religious reasons. It requires the ability to identify the dietary requirements of customers, develop recipes to meet those requirements, cost recipes and to monitor and evaluate the success of recipe performance.

The unit applies to all hospitality and catering organisations that prepare and serve food. This includes hotels, clubs, restaurants, educational institutions, health establishments, defence forces, cafeterias, kiosks, cafes, residential caterers, in flight and other transport caterers, event and function caterers.

It applies to those people who operate independently or with limited guidance from others such as senior cooks, chefs, catering supervisors and managers.

The skills in this unit 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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SITHCCC042	Prepare food to meet special dietary requirements
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SITHKOP010	Plan and cost recipes
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SITXFSA005	Use hygienic practices for food safety
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Competency Field

Kitchen Operations

Unit Sector

Hospitality

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Identify recipe requirements.

2. Develop recipes for special diets.

3. Cost and document special recipes.

4. Monitor suitability of special recipes.

PERFORMANCE CRITERIA

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

1.1. Identify lifestyle, medical or religious recipe requirements of different customer groups.

1.2. Follow dietary advice provided by other professionals where relevant.

1.3. Identify key health and legal consequences of ignoring special dietary requirements of customers.

2.1. Select a variety of suitable foods and recipes to meet specific requirements.

2.2. Identify appropriate combinations of food to meet macro- and micro-nutrient requirements.

2.3. Develop recipes that balance nutritional requirements and variety.

2.4. Recommend food preparation, cooking and storage methods to maximise nutritional value of food.

3.1. Calculate expenditure items to determine production costs of recipes.

3.2. Calculate portion yields and costs from ingredients.

3.3. Assess cost-effectiveness of proposed dishes against budgetary constraints.

4.1. Use feedback from customers and others to determine suitability of recipes.

4.2. Analyse the suitability of recipes against dietary goals, nutritional requirements and customer needs.

4.3. Adjust recipes based on feedback and suitability.

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

Writing skills to:

DESCRIPTION

- write recipes and recommendations for cooking methods.

- Oral communication skills to:
- listen and respond to routine customer feedback and ask questions of health and other professionals to inform recipe choice.
- Numeracy skills to:
- calculate the cost of producing dishes.
- Learning skills to:
- research information on emerging dietary trends.
- Problem-solving skills to:
- identify budgetary constraints and adjust recipes to suit.
- Planning and organising skills to:
- access and sort information required for recipe planning to coordinate a timely and efficient development process.
- Technology skills to:
- use computers and software programs to cost and document recipes.

Unit Mapping Information

Supersedes and is not equivalent to SITHKOP004 Develop menus for 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 SITHKOP012 Develop recipes 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 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

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