



Australian Government

**HLTAHA018 Assist with planning and
evaluating meals and menus to meet
recommended dietary guidelines**

Release: 1

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Modification History

| Release | Comments |
|-----------|---|
| Release 1 | <p>This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages.</p> <p>Merged HLTNA302D/HLTNA304D. Significant changes to elements and performance criteria. New evidence requirements for assessment including volume and frequency requirements. Minimum work hours added. Significant change to knowledge evidence.</p> |

Application

This unit describes the skills and knowledge required to assist with the planning and evaluating appropriate meals and menus based on the Australian Dietary Guidelines, and other dietary guidelines, in consultation with a dietitian to meet the nutritional needs of individuals within client groups. It involves the selection and planning of balanced meals, general menu planning principles and the development and evaluation of menus.

This unit applies to allied health assistants and should be performed under the direction and supervision (direct, indirect or remote) of a dietitian. Individuals will take responsibility for their own outputs and may participate in work teams. A range of well developed skills and some discretion and judgement is required of workers.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

Elements define the essential outcomes

1. Identify the nutrients and food group serves recommended for good health for client groups

PERFORMANCE CRITERIA

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

1.1 Categorise foods according to food groups, identifying key nutrients by each food group and individual foods within that group

1.2 Identify recommended serves of various food groups for client group, in consultation with a dietitian

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

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

2. Plan and develop menus in accordance with relevant dietary guidelines

- 2.1 Plan menus according to menu planning principles
- 2.2 Select food preparation and cooking methods in consultation with food production personnel to maintain maximum nutritional value of foods
- 2.3 Plan meals and menus to minimise nutrient imbalance, incorporating relevant dietary guidelines
- 2.4 Plan meals and food group serves to meet the nutritional needs of individuals within client groups
- 2.5 Discuss and confirm menu plans with the dietitian

3. Identify food-related cultural and religious needs of client groups

- 3.1 Identify client group, use correct terminology and observe cultural customs
- 3.2 Consider cultural groups and general characteristics of their cuisine
- 3.3 Identify dietary regimes and factors associated with cultural and religious groups that may influence food choices
- 3.4 Plan and modify meals and menus to meet specific cultural and religious needs of client group in line with organisational guidelines

4. Evaluate meals and menus

- 4.1 Follow processes defined by dietitian to evaluate meals and menus to ensure they meet nutritional requirements of client groups
- 4.2 Follow processes defined by dietitian to evaluate meals and menus to ensure they meet cultural and religious needs of the clients
- 4.3 Follow processes defined by dietitian to evaluate meals and menus to ensure client satisfaction
- 4.4 Evaluate meals and menus to ensure feasibility of production in relation to equipment, time and skills as well as budgetary constraints
- 4.5 Make adjustments to menu according to findings and

ELEMENT

Elements define the essential outcomes

PERFORMANCE CRITERIA

The Performance criteria describe the performance needed to demonstrate achievement of the element.
the dietitian's directions

Foundation Skills

The Foundation Skills describe those required skills (such as language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -
<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>