



Australian Government

**Assessment Requirements for
SITHCCC042 Prepare food to meet 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:

- 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.

Links

Companion Volume implementation guides are found in VETNet -

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