



Australian Government

SITHCCC042 Prepare food to meet special dietary requirements

Release: 1

SITHCCC042 Prepare food to meet special dietary requirements

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare dishes for people who have special dietary needs for lifestyle, medical or religious reasons. It requires the ability to confirm the dietary requirements of customers, use special recipes, select special ingredients and produce food to satisfy special requirements.

This unit does not include recipe planning for special diets which is covered in the unit SITHKOP012 Develop recipes for special dietary requirements.

The unit applies to cooks and patissiers working in hospitality and catering organisations. This could include restaurants, educational institutions, health establishments, defence forces, cafeterias, kiosks, cafes, residential caterers, in flight and other transport caterers, and event and function caterers.

It applies to individuals who work under the guidance of more senior chefs. They demonstrate autonomy and judgement to complete routine activities and take limited responsibility in known and stable contexts within established parameters.

The skills in this qualification 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
-----------	------------

SITHCCC027	Prepare dishes using basic methods of cookery
------------	---

SITXFSA005	Use hygienic practices for food safety
------------	--

Competency Field

Commercial Cookery and Catering

Unit Sector

Hospitality

Elements and Performance Criteria

ELEMENTS

PERFORMANCE CRITERIA

Elements describe the essential outcomes

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

1. Confirm special dietary requirements and select ingredients.
 - 1.1. Confirm dietary requirements of the customer.
 - 1.2. Recognise potential consequences of overlooking special dietary requirements of customers.
 - 1.3. Access special dietary recipes and select specialised ingredients.
 - 1.4. Identify from recipes and packaging, ingredients that may cause health consequences due to food allergies or intolerance.
 - 1.5. Exclude ingredients from dishes to meet customer requirements.
2. Prepare foods to satisfy nutritional and special dietary requirements.
 - 2.1. Follow recipes to produce dishes for customers with special dietary requirements.
 - 2.2. Modify menu items to meet different dietary requests by excluding or substituting ingredients.
 - 2.3. Communicate specific dietary requirements for food preparation to other team members.
 - 2.4. Select appropriate ingredients and preparation techniques to optimise nutritional quality of dishes.
 - 2.5. Use appropriate equipment and cooking techniques for specific dishes.
 - 2.6. Identify modified dishes to other team members prior to service.
3. Present prepared food.
 - 3.1. Present food in an appetising and attractive manner.
 - 3.2. Visually evaluate dish and adjust presentation as required.
 - 3.3. Store finished dishes in appropriate environmental conditions.
 - 3.4. Minimise waste to maximise profitability of food items prepared.
 - 3.5. Clean work area and dispose of or store surplus and re-usable by-products according to organisational procedures, environmental considerations, and cost-reduction initiatives.

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	DESCRIPTION
Reading skills to:	interpret packaging labels on ingredients and identify ingredients that do not meet special dietary requirements.
Writing skills to:	record clear, sequenced instructions detailing suitable and unsuitable ingredients and quantities.
Oral communication skills to:	consult customers and colleagues and note specific information relating to special dietary requirements.
Numeracy skills to:	weigh and measure ingredients determine cooking times and temperatures.
Learning skills to:	participate in opportunities to develop own skills in responding with special recipes to specific requirements.
Problem-solving skills to:	adjust or substitute standard menu items that respond to special customer dietary needs and requests.
Teamwork skills to:	negotiate suitable response to customer dietary needs with kitchen team members.
Planning and organising skills to:	efficiently sequence the stages of food preparation and production.
Technology skills to:	use commercial food preparation and cooking equipment.

Unit Mapping Information

Supersedes and is not equivalent to SITHCCC018 Prepare food to meet 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>