

Unit mapping

KQ: Knowledge questions	KQ	PA
PA: Practical assessment – Task (T), Workplace Skills (WS)		

Elements and performance criteria

E 1 Plan meals and snacks			
PC 1.1	Read individualised plan to confirm needs and preferences relevant to meal preparation	Q 1.1 Q 1.2 Q 1.3 Q 1.4 Q 1.5 Q 1.6 Q 1.7	T 1a-f T 2a
PC 1.2	Suggest, source and adjust simple recipes to meet individual needs and preferences	Q 1.8 Q 1.9 Q 1.10 Q 1.11	T 2b T 2c
PC 1.3	Recognise requirements for food and fluid modification according to individualised plan and relevant industry standards and frameworks and adjust recipes accordingly	Q 1.12 Q 1.13 Q 1.14 Q 1.15 Q 1.16 Q 1.17	T 1e T 2a T 2d T 2f T 4k
PC 1.4	Review recipe and determine ingredient types and amounts	Q 1.18 Q 1.19	T 2e
PC 1.5	Check ingredient stock level and quality to identify type and amount of ingredients to be purchased	Q 1.20 Q 1.21	T 2f
PC 1.6	Purchase required ingredients within budget constraints	Q 1.22	T 2g
E 2 Prepare meals and snacks			
PC 2.1	Provide opportunities for the person to engage throughout the meal preparation process	Q 2.1 Q 2.2	T 3a T 3e T 3f
PC 2.2	Prepare cooking area and those engaging in meal preparation for safe meal preparation	Q 2.3 Q 2.4	T 3b T 3c T 3d T 3g T 4i
PC 2.3	Measure and prepare ingredients according to recipe requirements	Q 2.5 Q 2.6 Q 2.7 Q 2.8	T 4c-f
PC 2.4	Cook ingredients according to recipe requirements	Q 2.9 Q 2.10 Q 2.11 Q 2.12	T 4g-h

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PC 2.5	Present prepared meal according to individual needs and preferences	Q 2.13 Q 2.14 Q 2.15	T 4a T 4b T 4j T 4k
PC 2.6	Clean and tidy cooking area, utensils and equipment	Q 2.16 Q 2.17 Q 2.18	T 5a-e

E 3 Implement food safety processes when preparing food

PC 3.1	Ensure personal hygiene and protective equipment meet infection control requirements and work health and safety standards	Q 3.1 Q 3.2 Q 3.3 Q 3.4	T 6a-o
PC 3.2	Report personal health conditions that impact on food preparation and take action according to organisational policies and procedures	Q 3.5 Q 3.6	T 6p-r
PC 3.3	Recognise and report hygiene and food hazards that may negatively affect health and safety of self or others, according to organisational policies and procedures	Q 3.7 Q 3.8 Q 3.9	T 7a-c
PC 3.4	Maintain the food preparation area in a hygienic condition and report cleaning, sanitising and maintenance requirements according to organisational policies and procedures	Q 3.10 Q 3.11	T 7d-e
PC 3.5	Maintain hygienic storage and select environmental conditions that avoid contamination of food	Q 3.12 Q 3.13	T 8a-f
PC 3.6	Handle food hygienically and in accordance with organisational and regulated food safety procedures	Q 3.14 Q 3.15	T 8g-j

Knowledge evidence

KE 1	Dysphagia:	
	▪ the swallowing process	Q 1.12
	▪ pathologies relevant to swallowing difficulties	Q 1.13
	▪ aspiration risks	Q 1.14
	▪ choking risks	Q 1.1 Q 1.4 Q 1.16
	▪ impact on quality of life	Q 1.15
	▪ safe eating and drinking:	Q 1.16
	– thickened fluids	
	– texture-modified meals	
	– upright position	
KE 2	Common food requirements:	
	▪ allergies	Q 1.7 Q 1.9
	▪ intolerances	Q 1.7 Q 1.9
	▪ nutritional needs	Q 1.2 Q 1.4 Q 1.5 Q 1.6 Q 1.8 Q 1.9 Q 1.18
KE 3	Nutrition:	
	▪ major food groups	Q 1.2 Q 1.5
	▪ nutritional value of food and its impact on menu planning and purchasing decisions	Q 1.10 Q 1.18 Q 1.22
	▪ nutritional food labels	Q 1.10
	▪ nutritional needs at different stages of life	Q 1.6
	▪ impact of nutrition on wellbeing:	Q 1.19
	– physical	
	– emotional	
	– social	

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KE 4	Individual needs and preferences relevant to meal planning and preparation:	
	▪ dignity of risk	Q 1.11
	▪ informed decision making	Q 1.11
	▪ food requirements	Q 1.8 Q 1.18 Q 2.13
	▪ meal preferences	Q 1.8 Q 1.9 Q 1.11 Q 1.18 Q 1.19 Q 2.14
	▪ meal routines	Q 2.14
	▪ participation in food preparation	Q 2.1 Q 2.2 Q 2.3
	▪ swallowing ability	Q 1.4 Q 1.13 Q 1.14 Q 1.16 Q 1.17 Q 2.13
	▪ chewing ability	Q 2.15a Q 1.16 Q 1.17
	▪ condition of teeth and oral health, including dental prosthesis	Q 2.15a Q 2.15b
	▪ nutritional needs	Q 1.6 Q 1.9 Q 1.19 Q 2.13
	▪ cultural requirements of food, meal preparation and service	Q 1.9 Q 1.18 Q 1.19 Q 2.8
	▪ taste, texture and presentation	Q 1.1 Q 1.21 Q 2.5 Q 2.9 Q 2.13

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KE 5	Approaches to engaging and supporting the person in meal preparation:		
	▪ in home care	Q 2.1	
	▪ in residential aged care	Q 2.1	
	▪ in supported living environments	Q 2.1	
	▪ in community settings and public environments	Q 2.2	
KE 6	Organisational policies and procedures:		
	▪ reporting	Q 3.5 Q 3.8 Q 3.9 Q 3.11	
	▪ meal preparation	Q 1.22 Q 2.3	
	▪ food safety	Q 2.3 Q 2.4a Q 2.4b Q 3.3 Q 3.11 Q 3.14	
	▪ work health and safety	Q 3.3 Q 3.4 Q 3.5 Q 3.6 Q 3.9 Q 3.11	
KE 7	Industry context relevant to meal preparation:		
	▪ job role scope and functions	Q 3.1 Q 3.5 Q 3.11 Q3.14	
	▪ supervision requirements and limitations to job role	Q 3.2 Q 3.15	
	▪ roles of interdisciplinary team members	Q 1.17 Q 3.2	
KE 8	Individualised plan content relevant to meal preparation:	Q 1.1	
	▪ size and frequency of meals and snacks		
	▪ texture modification requirements		
	▪ hydration requirements		

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KE 9	Industry standards and frameworks relevant to meal preparation:	
	<ul style="list-style-type: none"> key aspects of the International Dysphagia Diet Standardisation Initiative (IDDSI) 	Q 1.1 Q 1.4 Q 1.16 Q 2.13
	<ul style="list-style-type: none"> principles of the Australian Guide to Healthy Eating 	Q 1.2 Q 1.5
	<ul style="list-style-type: none"> principles of the Australian Dietary Guidelines 	Q 1.3
KE 10	Meal preparation risk identification, monitoring and responses	Q 1.21 Q 2.3 Q 2.4a Q 2.4b Q 2.12 Q 3.8 Q 3.11
KE 11	Types and safe use of cooking equipment and utensils	Q 2.10 Q 2.11a Q 2.11b Q 2.12
KE 12	Methods for estimating, calculating and measuring ingredients	Q 2.5 Q 2.6
KE 13	Methods of keeping cooking area clean and tidy	Q 2.7 Q 2.16 Q 2.17 Q 3.10
KE 14	Basic food preparation and cooking methods	Q 2.7 Q 2.9

Performance evidence

PE 1	Plan and prepare two meals and two snacks that:	
	<ul style="list-style-type: none"> meet the needs and preferences of the client 	T 1a-f T 2a-g T 4a T 4b T 4j T 4k
	<ul style="list-style-type: none"> provide opportunities for client involvement 	T 2c T 3a-g