

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Management Skills

Title	Establish the atmosphere of healthy and nutritious diet in restaurants
Code	108326L5
Range	This unit of competency is applicable to managerial staff of restaurants or establishments. This UoC concerns the leading of a team of employees to establish the atmosphere of healthy and nutritious diet in restaurants or related workplaces and promote it to customers, thus giving customers who care about the healthy and nutritious values of a diet a choice to choose from, and thereby enhancing restaurants' image and profits.
Level	5
Credit	3
Competency	<p>Performance Requirements</p> <p>1. Knowledge of healthy and nutritious diets:</p> <ul style="list-style-type: none"> • Well aware of the importance of a healthy, nutritious and balanced diet, and its major contents • Possess knowledge of the guidelines on the health and nutrition of diet prepared by various agencies and organisations, including: <ul style="list-style-type: none"> ○ Food and Environmental Hygiene Department ○ Committee on Reduction of Salt and Sugar in Food ○ International Advisory Panel on Reduction of Salt and Sugar in Food ○ Nutrition Information Centre of Hospital Authority ○ Centre for Food Safety • Possess skills to communicate with people from different strata and build good interpersonal relationships • Possess leadership skills to execute and promote projects, including: <ul style="list-style-type: none"> ○ Allocate human and financial resources ○ Plan and arrange workflow ○ Choose and implement related promotional activities and measures ○ Review work effectiveness regularly <p>2. Establish the atmosphere of healthy and nutritious diet in restaurants:</p> <ul style="list-style-type: none"> • During work, always apply professional knowledge and attitude of nutritious diet to carry out duties • Implement measures and activities that can promote the atmosphere of healthy and nutritious diet, for example: <ul style="list-style-type: none"> ○ Review the standards restaurants used to purchase food and beverages, and specify the criteria or classifications in terms of health and nutrition that the food and beverages must fulfil ○ Study customers' requirements on health and nutrition, and introduce recipes that meet their needs, such as meals with less salt and less sugar ○ Organise restaurants to participate in the territory-wide 'EatSmart@restaurant.hk' Campaign conducted by the Department of Health, or other similar campaigns • Always promote the importance of a balanced diet to health and nutrition to employees and customers, as well as the relevant actions that should be taken, for example: <ul style="list-style-type: none"> ○ Eat according to the ratios specified in the food pyramid ○ Eat less salt, less sugar, less fat and more high-fibre foods ○ Interpret nutrition labels correctly ○ Understand and identify genetically modified foods

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	<ul style="list-style-type: none"> • Supervise employees to promote healthy and nutritious diet continuously as a work routine • Suggest and promote suitable healthy and nutritious diets to customers of different ages. Provide discounts or other offers as incentives • Increase visibility through assessments, for example, by participating in the 'EatSmart@restaurant.hk' Campaign conducted by the Department of Health • Shape the above-mentioned measures and activities as insistence of the principle and atmosphere of healthy and nutritious diet, and implement them thoroughly • Report to superiors regularly on the difficulties in promoting healthy and nutritious diet, and propose solutions <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Use existing knowledge and leadership to work wholeheartedly to establish the atmosphere of healthy and nutritious diet in the restaurants • Cherish and maintain the good image of the restaurants in customers and society
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> • Conceive and implement independently the work related to establishing the atmosphere of healthy and nutritious diet • Lead employees to promote the atmosphere of healthy and nutritious diet, and promote it to customers
Remark	