

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Apply basic knowledge of nutritional diet
Code	108501L5
Range	This unit of competency is applicable to practitioners of the production section and the management in Chinese restaurants and establishments. While working in restaurants or relevant workplaces, practitioners should know the basic concepts of nutrition, be able to design appropriate menus for the dietary needs of people and patients in different physical conditions and be able to prevent food allergy or causing health problems.
Level	5
Credit	6
Competency	<p>Performance Requirements</p> <p>1. Knowledge of basic nutritional diet:</p> <ul style="list-style-type: none"> • Know about the basic concepts of nutrition, including: <ul style="list-style-type: none"> ○ Relationship between nutrition and health ○ Principles of dietary therapy and medical diet ○ Principles of balanced diet ○ Basic theories of nutrition, etc. • Understand the dietary needs of people in different physical conditions, including: <ul style="list-style-type: none"> ○ Dietary needs of infants, pregnant women and the elderly ○ Different dietary needs under different environments and working conditions, etc. • Understand the dietary needs of patients with various common diseases, such as diabetes • Possess good interpersonal relationships with people from all walks of life to understand their needs <p>2. Apply basic knowledge of nutritional diet:</p> <ul style="list-style-type: none"> • Apply the knowledge of nutritional diet and take care of customers in need while carrying out daily work • Apply the knowledge of nutritional business and nutrition to design appropriate menus, so as to prevent food allergy or causing health problems • Study the dietary needs of people with special needs and improve existing menus, aiming to provide optimal nutrition <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Aim at providing nutritional diet to people with specific needs, without changing the principle due to costs or other limitations
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> • Understand the dietary needs of people and patients in different physical conditions • Design appropriate menus by applying the knowledge of nutrition
Remark	