

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Design nutritional diets
Code	108503L6
Range	This unit of competency is applicable to practitioners of the production section and those engaged in management in Chinese restaurants and establishments. While working in restaurants or relevant workplaces, practitioners should be able to design menus by applying theories of nutrition and Chinese medicine dietary therapy according to market needs for use in the production section and management of restaurants.
Level	6
Credit	4
Competency	<p>Performance Requirements</p> <p>1. Knowledge of nutritional diets:</p> <ul style="list-style-type: none"> • Know about nutrition, including: <ul style="list-style-type: none"> ○ Master the theories of nutrition ○ Understand nutrition theories of Chinese and Western diets ○ Master the relationship between nutrition and cooking skills ○ Apply the knowledge of nutrition to design various menus to meet different needs, etc. • Master the knowledge and application of Chinese medicine dietary therapy, including: <ul style="list-style-type: none"> ○ Basic theories of Chinese medicine dietary therapy ○ Relationship between Chinese medicine and dietary therapy, and its application ○ Design various therapeutic menus to meet the needs of different body types ○ Cooking skills for different therapeutic diets, etc. • Master the knowledge of food science, including: <ul style="list-style-type: none"> ○ Apply the knowledge of food microbiology in the design and operations of the kitchen and menus ○ Food hygiene and safety, etc. • Master the overall development of the catering industry and the attitude of society towards nutritional diets <p>2. Design nutritional diets:</p> <ul style="list-style-type: none"> • Adhere to the knowledge of nutrition and related theories to carry out daily work • Design nutritional diets to cater the needs of customers, including: <ul style="list-style-type: none"> ○ Design menus by applying the theories of nutrition ○ Design menus by applying the theories of Chinese medicine dietary therapy ○ Design various therapeutic menus to meet the needs of different body types, etc. • Review the effectiveness of the nutritional diets of the restaurant and customers' responses from time to time, and propose suggestions for improvement <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Insist on designing quality nutritional diets to enhance the standard and image of the restaurant and even the industry as a whole
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> • Thoroughly analyse market needs and design menus by applying the theories of nutrition and Chinese medicine dietary therapy
Remark	