

**Specification of Competency Standards**  
**for the Catering Industry**  
**Unit of Competency**

Functional Area - Generic Skills

Title	Carry out the guidelines for healthy and nutritious diet in restaurants
Code	108540L2
Range	This unit of competency is applicable to staff at different posts in catering establishments. This UoC concerns the continuous observance of catering establishments' guidelines for promoting healthy and nutritious diets in restaurants or related workplaces, so that customers who care about the healthy and nutritious values of a diet have a choice to choose from, and thereby enhancing restaurants' image and/or profits.
Level	2
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge of healthy and nutritious diets:</p> <ul style="list-style-type: none"> <li>• Possess knowledge of restaurants' guidelines and procedures for healthy and nutritious diet (if any)</li> <li>• Possess knowledge of the guidelines on the health and nutrition of diets prepared by the government and various organisations, for example: <ul style="list-style-type: none"> <li>○ Food and Environmental Hygiene Department</li> <li>○ Committee on Reduction of Salt and Sugar in Food, and International Advisory Panel on Reduction of Salt and Sugar in Food</li> <li>○ Nutrition Information Centre of Hospital Authority</li> </ul> </li> <li>• Possess knowledge of environmental protection and conservation measures that can be implemented actively during work processes</li> <li>• Possess skills to communicate with customers and build good interpersonal relationships</li> <li>• Possess professional ethics to adhere to: <ul style="list-style-type: none"> <li>○ Healthy diets</li> <li>○ No extravagant or distorted nutrition concepts</li> <li>○ 'Customers first' attitude</li> </ul> </li> </ul> <p>2. Carry out the guidelines for healthy and nutritious diet in restaurants:</p> <ul style="list-style-type: none"> <li>• While on duty, always uphold a professional attitude and follow guidelines to promote healthy and nutritious diets, for example: <ul style="list-style-type: none"> <li>○ Couple with restaurants' measures or campaigns for promoting healthy and nutritious diets, for example, by participating in the territory-wide 'EatSmart@restaurant.hk' Campaign conducted by the Department of Health</li> <li>○ Assist in reviewing the foods purchased by the restaurants, and try to classify the meals provided by the restaurants in terms of health and nutrition</li> <li>○ Proactively promote to customers recipes that meet their requirements on health and nutrition</li> </ul> </li> <li>• Promote to customers the importance of a balanced diet to health and nutrition, including: <ul style="list-style-type: none"> <li>○ Eat according to the ratios specified in the food pyramid</li> <li>○ Drink more fluids every day</li> <li>○ Eat less salt, less sugar, less fat and more high-fibre foods</li> </ul> </li> <li>• Do not look at profits first when dealing with matters related to healthy and nutritious diets. Instead, follow the guidelines below, for example: <ul style="list-style-type: none"> <li>○ Interpret nutrition labels correctly</li> <li>○ Know about and identify genetically modified foods</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>○ Suggest appropriate healthy and nutritious diets to customers of different ages, including: <ul style="list-style-type: none"> <li>▪ Babies and toddlers</li> <li>▪ School-age children and teenagers</li> <li>▪ Women</li> <li>▪ Men</li> <li>▪ The elderly</li> </ul> </li> <li>○ Pay attention to food safety and hygiene</li> <li>● Set a good role model to inspire other employees to adhere to work practices for promoting healthy and nutritious diets</li> <li>● Report to supervisor when carrying out work related to promoting healthy and nutritious diets</li> <li>● Seek guidance or explanation from supervisor when in doubt about the above-mentioned matters in a timely manner</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>● Always use existing knowledge and maintain professional ethics to carry out work related to promoting healthy and nutritious diets wholeheartedly while on duty</li> <li>● Cherish and maintain the image of catering staff</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> <li>● Handle all kinds of work related to promoting healthy and nutritious diets independently</li> <li>● Follow specified guidelines for healthy and nutritious diet properly and accurately</li> </ul>
Remark	