

Specification of Competency Standards
for the Elderly Care Service Industry
Unit of Competency

Functional Area - Clinical Care

Title	Select a Balanced Diet
Code	106004L3
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide clinical care to elderlies. This Competency involves judgement on the parts of the employees who are required to choose an appropriate menu for elderlies according to their special nutritional and dietary needs, so as to help them achieve a balanced diet, and improve their health.
Level	3
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on balanced diet</p> <p style="padding-left: 20px;">Be able to</p> <ul style="list-style-type: none"> • Understand the basic concepts of nutrition <ul style="list-style-type: none"> ○ Grasp basic theories on nutrition, such as food types, nutrient types and their importance ○ Understand the principles and importance of balanced diet, such as food pyramid, and daily recommended intake of two servings of fruits and three servings of vegetables • Understand nutritional and dietary needs of elderlies • Understand the physiological changes in degeneration process as elderlies age • Understand the suitable cooking methods when preparing meals for elderlies <p>2. Choose a balanced menu</p> <p style="padding-left: 20px;">Be able to</p> <ul style="list-style-type: none"> • Choose an appropriate menu based on the nutritional requirements of elderlies. Consider the following factors: <ul style="list-style-type: none"> ○ Principle of balanced diet ○ Nutritional needs of an individual ○ Choose food with low salt, low sugar, and low fat content, but with high fibre content ○ Avoid food that irritates the alimentary canal, such as deep fried or spicy food • Evaluate the physiological changes due to degeneration as elderlies age such as loss of teeth, impaired sense of taste and decline of digestive functions; assess their dietary needs and tailor-make a menu for them. • Choose appropriate cooking methods according to the dietary needs of elderlies such as: <ul style="list-style-type: none"> ○ Use less salt in cooking, use natural herbs and spices as seasoning instead ○ Choose cooking methods with less oil ○ Cook the food until mushy, de-bone or grind any meat to make it easier for elderlies to chew and digest • When creating a menu, be sensitive to the dietary restrictions of individual elderlies such as: <ul style="list-style-type: none"> ○ Avoid animal-based items like meat and eggs when preparing meals for vegetarians; some of them don't even eat onion and garlic ○ Avoid pork or beef for those who don't eat them due to religious reasons <p>3. Exhibit professionalism</p>

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	<p>Be able to</p> <ul style="list-style-type: none">• Ensure the menu can cater to the balanced nutritional needs of elderlies• Take note of individual dietary preferences and physiological degeneration of elderlies to provide appropriate and nutritious meals.
Assessment Criteria	<p>The integrated outcome requirement of this Unit of Competency is:</p> <ul style="list-style-type: none">• Ability to choose a menu for elderlies according to the principles of healthy diet, the physiological changes elderlies are experiencing due to ageing and their individual dietary needs, so as to meet their nutritional needs in conjunction with their changes in dietary habits in the ageing process, and to improve their health.
Remark	