

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

Unit of Competency is applicable across different functional areas

Title	Prepare Meals for Elderlies with Eating Difficulties
Code	106216L2
Range	This Unit of Competency is applicable to employees in the Elderly Care Service Industry who are responsible for preparing meals for elderlies with eating difficulty. This Competency should be applied under supervision. Employees are required to prepare special meals appropriate for elderlies of various conditions, according to the procedures and guidelines of the institution, in order to provide sufficient and a comprehensive range of nutrients to the elderlies .
Level	2
Credit	2 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on preparing special meals</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the principle of healthy diet, for example, food pyramid, ‘3 low, 1 high’ principle • Understand food hygiene code, for example, storing raw and cooked food separately • Understand the condition under which elderlies need special diets to facilitate adequate nutrition intake, due to signs of functional degeneration such as loss of teeth that causes swallowing difficulty • Understand the ways to prepare meals for elderlies with swallowing difficulties, for example: <ul style="list-style-type: none"> ○ Use thickener ○ Mash the food • Understand the basic dietary principles for elderlies with diseases, for example, <ul style="list-style-type: none"> ○ Patients with diabetes should control their intake of carbohydrates in each meals ○ Patients with high blood cholesterol level should avoid food with high cholesterol content, such as seafood, egg yolk, and offal. ○ Patients with high blood pressure should control their intake of salt • Understand specific dietary preference or habits of elderlies, for example: <ul style="list-style-type: none"> ○ Some elderlies may consume a vegetarian meal on the 1st and 15th Day of each month on lunar calendar ○ Include festive food on the menu when appropriate, such as sugar-free moon cake on Mid-Autumn Festival <p>2. Preparing special meals</p> <p>Be able to</p> <ul style="list-style-type: none"> • Perform the procedures of preparing special diet meals according to the guidelines of the institution and advice from healthcare professionals, such as: <ul style="list-style-type: none"> ○ Use kitchen tools and utensils properly, for example, juicer, blender and sieve. ○ Ensure food and cooking utensils are clean and hygienic ○ Cook the food thoroughly before mashing into paste ○ Use thickener properly ○ When mashing or grinding the food, enhance its taste and nutritional value by adding proper amount of soup, milk or juice • Serve the rice and side dishes separately to let elderlies see various food items that make up the meal clearly • Utilize different ways to make food more attractive so as to whet elderlies’ appetite. This can be achieved by using ingredients of different colours, for example, puree of carrot,

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	<p>pumpkin, tomato, boiled and mashed egg yolks, jam, .and fruit puree, to make the dishes more attractive</p> <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> • Whet the appetite of elderlies and arouse their urge to eat by changing the shape of ingredients, novelty combination of ingredients and creative use of dinnerware, while meeting the dietary needs of elderlies and reducing their risk of choking
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Ability to understand the knowledge and techniques of preparing special meals based on advices given by healthcare professionals, procedures and guidelines of the institution, so as to provide suitable meals for elderly individuals; and • Ability to boost the nutritional value of the food and whet the appetite of elderlies with proper means.
Remark	