

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

Functional Area - Home and Community Care

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| Title      | Inspect Food Quality  |
| Code       | 110858L3  |
| Range      | This Unit of Competency is applicable to practitioners who provide home support services in the elderly care service industry. The application requires performing a broad range of tasks in familiar and some unfamiliar working environments, and its execution requires analytical skills. Practitioners should be able to provide quality meals to the elderly persons according to their quantities and dietary needs, and be able to inspect the food quality and identify areas of improvements, according to the organization's guidelines on catering services, as well as the knowledge on food safety and hygiene.   |
| Level      | 3   |
| Credit     | 2 (For Reference Only)  |
| Competency | <p>Performance Requirements</p> <p>1. Relevant knowledge on food quality</p> <ul style="list-style-type: none"> <li>• Understand the organization's guidelines on catering services</li> <li>• Understand the elderly's basic dietary needs</li> <li>• Understand the meaning of food quality and its relationship with the elderly's diet, such as: <ul style="list-style-type: none"> <li>○ Food hygiene and safety</li> <li>○ The nutritional value of food meets the physical needs of the elderly persons</li> <li>○ The quantity of food meets the health needs of the elderly persons, etc.</li> </ul> </li> <li>• Understand the methods of assessing food quality</li> <li>• Understand the laws related to food safety</li> </ul> <p>2. Inspect food quality</p> <ul style="list-style-type: none"> <li>• Inspect the level of food hygiene and safety based on food hygiene and safety indicators, such as: <ul style="list-style-type: none"> <li>○ Food storage method and location</li> <li>○ Safe temperature of food</li> <li>○ Food cleaning and processing methods</li> <li>○ Food freshness</li> <li>○ How well the food is cooked</li> <li>○ Deliciousness and presentation, etc.</li> </ul> </li> <li>• According to the elderly's needs, inspect the suitability of the food, such as: <ul style="list-style-type: none"> <li>○ Food nutritional value: no MSG, processed ingredients, additives, etc.</li> <li>○ Balanced diet: healthy eating pyramid for the elderly persons</li> <li>○ Use cooking methods suitable for the elderly persons, such as: scorching, baking, boiling, steaming, etc.</li> <li>○ Reduce fat, sodium and sugar intake</li> <li>○ Appropriate taste</li> <li>○ Select softer ingredients</li> <li>○ Design menus to meet the health needs of individual elderly persons</li> </ul> </li> <li>• Arrange meals suitable for the elderly persons according to their needs and health conditions, as well as the hygiene and safety standards, such as: <ul style="list-style-type: none"> <li>○ Each meal needs to include all kinds of food in the elderly's healthy eating pyramid and arrange meals according to the recommended portions of each kind of food</li> <li>○ Provide diversified meals, and regularly update the available menus</li> </ul> </li> </ul> |

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|                     | <ul style="list-style-type: none"> <li>○ Diabetics should avoid excessive intake of starch, consult a nutritionist and professional medical staff for inquiries regarding actual quantity, etc.</li> <li>● Regularly review relevant food hygiene and safety indicators using different methods, and perform corresponding improvements to ensure food quality, such as: <ul style="list-style-type: none"> <li>○ Food tasting for staff, elderly persons and carers</li> <li>○ Direct inquiries from the elderly persons, etc.</li> </ul> </li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>● Ensure that the knowledge related to food hygiene and safety is regularly updated</li> <li>● Regularly review and improve the quality of the elderly's meals</li> </ul> |
| Assessment Criteria | <p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> <li>● Able to assess the food quality according to food hygiene and safety indicators; and</li> <li>● Able to comply with the organization's guidelines on catering services, and amend the elderly's diet to meet their dietary needs, and provide them with quality meals.</li> </ul>   |
| Remark              |   |