

Title	Demonstrate knowledge of basic nutrition in commercial catering		
Level	3	Credits	5

Purpose	<p>This is an entry-level theory-based unit standard. As such, it is designed to develop the basic knowledge of people studying in this area and those working in a commercial hospitality establishment.</p> <p>People credited with this unit standard are able to demonstrate knowledge of: basic nutrition principles, and basic nutritional applications, in commercial catering.</p>
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Classification	Hospitality > Cookery
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Available grade	Achieved
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Explanatory notes

- 1 Range
Nutrient types include but are not limited to – proteins, carbohydrates, fats, vitamins, minerals (iron, calcium, phosphorus, sodium), fibre, water.
- 2 Reference
The appropriate Food and Nutrition Guidelines containing information relevant to this unit standard are available from the Ministry of Health's website on:
<http://www.moh.govt.nz/>.
- 3 Definition
Menu – refers to a list of dish choices for a single meal occasion, containing first, main, and dessert courses with at least two choices for each course.

Outcomes and evidence requirements

Outcome 1

Demonstrate knowledge of basic nutrition principles in commercial catering.

Evidence requirements

- 1.1 Basic characteristics and composition of each nutrient type are identified and explained in accordance with nutritional guidelines.
- 1.2 Common food groups in which nutrient types are significant are identified and described in accordance with nutritional guidelines.

- 1.3 Use of each nutrient in the body is identified and described in accordance with nutritional guidelines.
- 1.4 Dietary requirements of people with differing needs are identified and explained in terms of nutritional guidelines.

 Range requirements include but are not limited to – calories, kilojoules, nutrient density;
 needs include but are not limited to – vegetarian, gluten free, diabetic, low fat;
 people include but are not limited to – children, teenagers, adults, elderly.
- 1.5 The need for, and benefits of, a balanced diet and healthy eating are identified and explained in accordance with nutritional guidelines.
- 1.6 Effects of preparation, handling, storage, and cooking on each nutrient type are explained in accordance with nutritional guidelines.
- 1.7 The reasons for additives in food are identified and explained in accordance with nutritional guidelines.

 Range additives include but are not limited to – flavourings, colourings, preservatives.
- 1.8 Possible sources of information on nutritional requirements are identified and described in accordance with nutritional guidelines.

Outcome 2

Demonstrate knowledge of basic nutritional applications in commercial catering.

Evidence requirements

- 2.1 A day’s menu is developed and explained in accordance with nutritional guidelines.
- 2.2 A menu is developed for groups with special food needs, and reasons for choices are explained in accordance with nutritional guidelines.

 Range groups with special food needs may include but are not limited to – vegetarian, gluten free, diabetic, low fat;
 evidence is required of two menus.

Planned review date	31 December 2019
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	8 January 1998	31 December 2014
Review	2	22 October 2003	31 December 2014
Review	3	12 December 2008	31 December 2016
Review	4	12 December 2013	31 December 2018
Review	5	22 August 2014	N/A

Consent and Moderation Requirements (CMR) reference

0112

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Please note

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMR). The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

Please contact Service IQ qualifications@serviceiq.org.nz if you wish to suggest changes to the content of this unit standard.