

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

Purpose	<p>This unit standard is designed to develop the 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: nutrition principles; and nutritional applications, in commercial catering.</p>
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Classification	Hospitality > Cookery
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Available grade	Achieved
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Guidance Information

- 1 Recommended knowledge and skills for entry: Unit 167, *Practise food safety methods in a food business under supervision*; or Unit 27955, *Apply food safety practices in a food related establishment*.
- 2 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.

Nutritional guidelines – refer to the appropriate guidelines, available from the Ministry of Health’s website at <https://www.health.govt.nz/>.
- 3 Range

Nutrient types may include but are not limited to – carbohydrates, fats, fibre, minerals, proteins, vitamins, water; evidence is required of five nutrient types.
- 4 All tasks are to be carried out in accordance with nutritional guidelines.

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of nutrition principles in commercial catering.

Performance criteria

- 1.1 Characteristics and composition of each nutrient type are identified and explained.

- 1.2 Common food groups in which nutrient types are significant are identified and described.
- 1.3 Use of each nutrient type in the body is identified and described.
 Range evidence of five nutrient types.
- 1.4 Dietary requirements of people with special diets are identified and explained.
 Range requirements include but are not limited to – essential nutrients; special diets include but are not limited to – vegetarian, gluten free, diabetic, low-fat; people include but are not limited to – infants and toddlers, children and young people, adults, pregnant and breastfeeding women, older people.
- 1.5 The need for, and benefits of, a balanced diet and healthy eating are identified and explained.
- 1.6 Effects of preparation, handling, storage, and cooking on each nutrient type are explained.
- 1.7 The reasons for additives in food are identified and explained.
 Range additives include but are not limited to – flavourings, colourings, preservatives.
- 1.8 Possible sources of information on nutritional requirements are identified and describe.

Outcome 2

Demonstrate knowledge of nutritional applications in commercial catering.

Performance criteria

- 2.1 A menu is developed, and nutritional content is explained.
- 2.2 A menu is developed for groups with special food needs, and reasons for choices are explained.
 Range special food needs may include but are not limited to – vegetarian, gluten intolerant, diabetic, low fat; evidence is required of two menus.

Planned review date	31 December 2026
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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	31 December 2020
Review	6	25 January 2018	31 December 2023
Review	7	16 December 2021	N/A

Consent and Moderation Requirements (CMR) reference	0112
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Ringa Hora Services Workforce Development Council qualifications@ringahora.nz if you wish to suggest changes to the content of this unit standard.