

Title	Demonstrate knowledge of basic nutrition in commercial catering		
Level	2	Credits	4

Purpose	<p>This unit standard 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 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 Range
Nutrient types include but are not limited to – carbohydrates, fats, fibre, minerals proteins, vitamins, water.
- 2 Reference
Nutritional guidelines refer to the appropriate *Current Food and Nutrition Guidelines* containing information relevant to this unit standard are available from the Ministry of Health's website at: www.moh.govt.nz.
- 3 All tasks must be carried out in accordance with nutritional guidelines.

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of basic nutrition in commercial catering.

Performance criteria

- 1.1 Characteristics of each nutrient type are identified and described.
- 1.2 Nutrient types of common food groups 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 described in terms of nutritional guidelines.
- Range requirements include but are not limited to – essential nutrients; special diets include but are not limited to – vegetarian, gluten free, diabetic, low fat.
- 1.5 The need for, and benefits of, a balanced diet and healthy eating are identified and described.
- 1.6 Potential effects of preparation, handling, storage, and cooking on nutrient types are described.
- Range evidence of three nutrient types is required.
- 1.7 The reasons for additives in food are identified and described.
- Range additives include but are not limited to – flavourings, colourings, preservatives.
- 1.8 Possible sources of information on nutritional requirements are identified and described.

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Status information and last date for assessment for superseded versions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	25 January 2018	31 December 2023
Review	2	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.