

Domain**COMMERCIAL COOKERY AND
CATERING****Title:****Apply knowledge of basic nutrition in
food preparation and service****Level: 3****Credits: 3****Purpose**

This unit standard specifies the competency required to apply knowledge of basic nutrition in food preparation and service. People credited with this unit standard are able to: demonstrate knowledge of basic principles of nutrition; and maximise nutrients in food preparation.

Special Notes

1. Entry information

Prerequisite:

- Unit 42 *Follow workplace health, safety and hygiene procedures in a hospitality establishment* or demonstrated equivalent knowledge and skills.

2. The conduct of training and assessment activities related to this unit standard is recommended to take place in conjunction with other relevant, technical unit standards in this Domain.
3. Regulations and legislation relevant to this unit standard include the following:
 - Labour Act No 11 2007 as amended
 - Regulations relating to the Health and Safety of employees at work, 1997 and all subsequent amendments to any of the above.

Quality Assurance Requirements

This unit standard and others within this subfield may be awarded by institutions which meet the accreditation requirements set by the Namibia Qualifications Authority and the Namibia Training Authority and which comply with the national assessment and moderation requirements. Details of specific accreditation requirements and the national assessment arrangements are available from the Namibia Qualifications Authority and the Namibia Training Authority. All approved unit standards, qualifications and national assessment arrangements are available on the Namibia Training Authority website www.nta.com.na

Elements and Performance Criteria

Element 1: Demonstrate knowledge of basic principles of nutrition

Range

Nutrient types include proteins, carbohydrates, fats, vitamins, minerals, fibre and water.

Common food groups include: meat, cheese, nuts (containing protein); bread, cereal and pasta (containing carbohydrates); fat, butter and oil (containing fats); fresh fruit containing vitamins, fresh vegetables and pulses containing minerals; whole wheat grains and raw vegetables and fruit containing fibre; and fresh, raw fruit and vegetables containing water.

Dietary requirements of humans refers to children, teenagers, adults, elderly, women during pregnancy.

Performance Criteria

- 1.1 Basic nutrient types are identified and described using correct industry terminology.
- 1.2 Common food groups are identified and described using the food pyramid and correct industry terminology.
- 1.3 Dietary requirements of humans with differing needs are identified and explained in terms of nutritional guidelines.
- 1.4 The components of a balanced diet are identified in terms of protocols such as Five Plus and explained using correct industry terminology.
- 1.5 The effects of nutritional deficiencies on human health are identified and described using correct industry terminology.

Element 2: Maximise nutrients in food preparation

Range

Additives include but are not limited to flavourings, colourings, preservatives.

People with special dietary needs include but are not limited to vegetarian, diabetic, low fat, gluten-free, allergies, lactose intolerance.

Performance criteria

- 2.1 Storage requirements and shelf-life for food items are identified and explained in line with legislative and establishment requirements.
- 2.2 Effects of preparation, handling, storage, and cooking on each nutrient type are explained using correct industry terminology.

- 2.3 The role of additives in food is identified and explained using correct industry terminology.
- 2.4 Menu items are analysed in terms of broad nutritional value in line with nutritional guidelines.
- 2.5 Menu items for people with special dietary needs are suggested with reasons for choices explained in line with establishment procedures.

Registration Data

Subfield:	Hospitality and Tourism
Date first registered:	29 March 2007
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Body responsible for review:	Namibia Training Authority