

	Unit ID: 526
Domain	FOOD AND BEVERAGE SERVICE
Title:	Plan and prepare menus that address the dietary, nutritional and cultural requirements of guests in a hospitality establishment
Level: 4	Credits: 5

Purpose

This unit standard specifies the competency required to plan menus and prepare meals for guests that address specific dietary nutritional and cultural requirements. This unit standard is intended for those who work as supervisors in food and beverage service in the hospitality and tourism industry.

Special Notes

1. Entry information

Prerequisites:

- Unit 42 *Follow workplace health, safety and hygiene procedures in a hospitality establishment* or demonstrated equivalent knowledge and skills
 - Unit 292 *Practice food safety methods and personal hygiene for food and beverage service* or demonstrated equivalent knowledge and skills.
2. Assessment evidence may be collected from a real workplace, or simulated real workplace or an appropriate simulated realistic environment in which hospitality operations are carried out.
 3. All inspection, operation and maintenance procedures associated with the use of tools and equipment shall comply with establishment procedures and manufacturer's instructions.
 4. *Safe working practices* include day to day observation of safety policies and procedures, legislative requirements and professional requirements.
 5. '*Specifications*' refers to any, or all of the following: manufacturer's specifications and recommendations, establishment specific requirements.
 6. Regulations and legislation relevant to this unit standard include the following:
 - Labour Act, 15 of 2004
 - Namibia Tourism Board Act, 21 of 2000
 - Liquor Act 6 of 1998
 - Local Authorities Amendment Act, 14 of 2004
 - Public Health Amendment Act 45 of 1976
 - International Health Regulation Act 28 of 1974
 - Occupational Health and Safety Regulations No.18, 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: Plan and prepare menus that address guests' nutritional needs.

Range

Guests may include but are not limited to infants, children, sportspeople, the elderly.

Factors to be considered when identifying the nutritional needs of different groups may include but are not limited to age requirements; lifestyle; food preferences; food restrictions or allergies; physical condition; nutritional requirements; those with varying nutritional and energy requirements due to physical condition; cultural or religious needs.

Basic nutritional requirements refer to recommendations made by the Ministry of Health and Social Services and or other recognised health authorities. It includes recommendations made for the general public including elderly Namibians, children and teenagers, in order to maintain a healthy and balanced diet.

Methods used to evaluate diets and meal plans and analyse foods, may include but are not limited to computer programs; customer feedback questionnaires; interviews with customer and health support personnel; nutrition guides.

Performance Criteria

- 1.1 The nutritional needs of different groups of guests are identified in line with establishment procedures.
- 1.2 Menus are evaluated for compliance with nutritional requirements specified by the Ministry of Health and Social Services and or other recognized health authorities.
- 1.3 Ingredients are selected to ensure optimum quality of end products in line with establishment requirements.
- 1.4 Food preparation and cooking techniques that retain optimum nutritional value of foods are applied in line with recipe and establishment requirements.
- 1.5 Nutritionally-balanced food is presented in an attractive manner in line with recipe and establishment requirements.

Element 2: Plan and prepare menus that address guests' dietary requirements.

Range

Special dietary requirements may include but are not limited to vegetarian; vegan; modified sodium/potassium; low fat/cholesterol; lacto-ovo; high fibre; gluten free; high/low energy; diabetic; modified texture; high/low protein; fluids; exclusions for allergies and food intolerance; food exclusions related to specific medications.

Relevant persons who may give instructions or advice on special dietary requirements may include guests; guests' family members; colleagues, supervisors and managers; dieticians; diet technicians; health and medical personnel; religious personnel.

Contemporary eating regimes may include but are not limited to current trends and fashions such as vegetarian; low-fat or low carbohydrate; high or low protein; macrobiotic; liver cleansing; elimination.

Performance Criteria

- 2.1 Special dietary requirements are identified for relevant persons in line with establishment procedures.
- 2.2 Ingredients for special dietary requirements are selected in line with establishment procedures.
- 2.3 Particular food preparation and cooking techniques required for specific dietary requirements, including contemporary eating regimes and modifying food texture, are applied in line with recipe and establishment requirements.
- 2.4 Food is presented in an attractive manner in line with establishment procedures.

Element 3: Plan and prepare menus that address guests' cultural requirements

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Range

Ethnic, cultural or religious requirements may include but are not limited to the food selection, food preparation and food service requirements (utensils, serviceware, customs of service and eating methods and styles) of specific ethnic, cultural or religious groups.

Ethnic, cultural or religious guests may include but are not limited to Jewish, Muslim, Hindu.

Performance Criteria

- 3.1 Culturally accepted food items, food preparation equipment and food cooking techniques are identified in line with guest requirements.
- 3.2 Food preparation and cooking techniques are applied that comply with guests' ethnic, cultural or religious requirements.

3.3 Food is presented in an attractive manner in line with guest and establishment requirements.

Registration Data

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