

Modify dishes to meet the specific nutritional needs of individuals

Overview

This standard is about modifying a dish to ensure that it meets the specific nutritional needs of your customer. You may be working in a hospital kitchen meeting the needs of patients or as a restaurant chef accommodating a customer.

Modification may include the addition of or the removal of specific ingredients essential for your customers' wellbeing. Reasons for addition or removal may be linked to medical conditions, dietary requirements or allergic reactions.

This standard focuses on the technical knowledge and skills required to modify dishes to meet the specific nutritional needs of individuals; however it should be assessed in the wider context of safe and hygienic working practices. It is recommended that the following NOS, selected as appropriate to the job role and organisation, are referenced in conjunction with the technical skills and knowledge for the standard:

- Maintain basic food safety in catering
- Maintain food safety in a kitchen environment
- Provide basic advice on allergens to customers
- Minimise the risk of allergens to customers

When you have completed this standard you will be able to demonstrate your understanding of and your ability to:

- Modify dishes to meet the specific nutritional needs of individuals

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Performance criteria

You must be able to:

1. Ensure that the preparation area and equipment is clean, undamaged and ready for use according to your workplace standard
2. Check that all ingredients meet the dish, food safety and your workplace requirements
3. Prioritise your work and carry it out in an efficient manner ensuring that there is no cross contamination of undesired ingredients / allergens
4. Obtain and follow clear and accurate information relating to specific individual dietary requirements and how this affects food and drink products within the dish
5. Prepare and cook the dish to meet specific requirements, adding, incorporating or removing necessary ingredients / allergens
6. Ensure the finished dish has the correct colour, texture, consistency, flavor and nutritional content required
7. Check that the dish is cooked and held at the correct temperature until ready for service
8. Label and safely store any dishes not for immediate use according to workplace and food safety requirements
9. Clean preparation, cooking areas and equipment to your workplace and legal standards after use
10. Report any problems with modification of dishes to the proper person

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Knowledge and understanding

You need to know and understand:

1. Safe and hygienic working practices when modifying the content of food and drink products within dishes to meet the specific nutritional needs of individuals
2. What the main nutrient groups are and which foods provide them
3. How to check that the ingredients meet your workplace requirements and are fit for use, of the correct quality and quantity
4. Why and to whom you should report any problems with ingredients and dishes
5. Which preparation, cooking and finishing methods affect the dietary content of foods
6. Healthy eating options when preparing, cooking and finishing dishes
7. The importance of tailoring dishes to meet the specific requirements of individuals
8. Where to find current information regarding specific diets and recommended nutritional information
9. The current list of foods most commonly linked to allergic reactions
10. How the risk of allergic reactions can be minimised
11. The correct storage requirements for dishes not for immediate consumption
12. The importance of clear and accurate labelling of food and accurate communication between colleagues
13. The types of unexpected situations that may occur when preparing, cooking and finishing dishes to meet specific individual requirements and how to deal with them

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Scope/range

1. Food and drink products

- 1.1 cereals/pulses
- 1.2 fruit
- 1.3 egg
- 1.4 meat
- 1.5 soups/stocks/sauces
- 1.6 cheese
- 1.7 pasta
- 1.8 fish
- 1.9 vegetables
- 1.10 liquids / drinks

2. Modify/fortify

- 2.1 volume
- 2.2 consistency / texture
- 2.3 nutritional balance / content

3. Dietary requirements

- 3.1 calorific value
- 3.2 nutritional content
- 3.3 specific ingredients / allergens

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