## **PPL2PRD17** **(J8K8 04)**

## Modify Dishes to Meet the Specific Nutritional Needs of Individuals

### Candidate’s statement

I confirm that the evidence detailed in this unit is my own work.

|  |  |
| --- | --- |
| Candidate’s name |  |
| Candidate’s signature |  |
| Date |  |

### Assessor’s statement

I confirm that the candidate has achieved all the requirements of this unit.

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| Assessor’s name |  |
| Assessor’s signature |  |
| Date |  |
| Countersigning Assessor’s name(if applicable) |  |
| Countersigning Assessor’s signature(if applicable) |  |
| Date |  |

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### Internal Verifier’s statement

I confirm that the candidate’s sampled work meets the standards specified for this unit and may be presented for external verification.

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| --- | --- |
| Internal Verifier’s name |  |
| Internal Verifier’s signature |  |
| Date |  |
| Countersigning Internal Verifier’s name (if applicable) |  |
| Countersigning Internal Verifier’s signature (if applicable) |  |
| Date |  |

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| External Verifier’s initials (if sampled) |  |
| Date |  |

#### Unit 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.

#### Sufficiency of evidence

There must be sufficient evidence to ensure that the candidate can consistently achieve the required standard over a period of time in the workplace or approved realistic working environment.

#### Performance criteria (What you must do)

There must be evidence for all performance criteria (PC).

The assessor **must** assess PCs 1-7 and 9 by directly observing the candidate’s work.

PCs 8 and 10 may be assessed by alternative methods if observation is not possible.

1. Make sure that the preparation area and equipment is clean, undamaged and ready for use according to your workplace procedures.
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. Make sure the finished dish has the correct colour, texture, consistency, flavour 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 procedures and relevant legal standards after use.
10. Report any problems with modification of dishes to the proper person.

#### Performance criteria evidence

| **Evidence reference** | **Evidence description** | **Date** | **PC1** | **PC 2** | **PC 3** | **PC 4** | **PC5** | **PC 6** | **PC 7** | **PC 8** | **PC9** | **PC 10** |
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#### Scope / range (What you must cover)

**All** scope / range must be covered. There must be performance evidence, gathered through direct observation by the assessor of the candidate’s work for a minimum of:

1. Food and drink — **five** **from**:

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

1. Modify / fortify — **two from**:

2.1 volume

2.2 consistency / texture

2.3 nutritional balance / content

1. Dietary requirements — **two** **from:**

3.1 calorific value

3.2 nutritional content

3.3 specific ingredients or allergens

Evidence for any “what you must cover” point not included in the minimum observation requirements may be assessed using alternative assessment methods.

#### Scope / range evidence (continued on next page)

| **Evidence reference** | **Evidence description** | **Date** | **1.1** | **1.2** | **1.3** | **1.4** | **1.5** | **1.6** | **1.7** | **1.8** | **1.9** | **1.10** | **2.1** | **2.2** | **2.3** | **3.1** |
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#### Scope / range evidence (continued)

| **Evidence reference** | **Evidence description** | **Date** | **3.2** | **3.3** |
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#### Knowledge and understanding (What you must know and understand)

For those knowledge statements that relate to **how** the candidate should do something, the assessor may be able to infer that the candidate has the necessary knowledge from observing their performance or checking products of their work. In **all** other cases, evidence of the candidate’s knowledge and understanding must be gathered by alternative methods of assessment (eg oral or written questioning).

| **Knowledge statement** | **Evidence reference** | **Date** |
| --- | --- | --- |
| 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 problems that may occur when preparing, cooking and finishing dishes to meet specific individual requirements and how to deal with them. |  |  |

#### Supplementary evidence

| **Reference** | **Evidence description** | **Date** |
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#### Assessor feedback on completion of the unit: