



Residential Aged Care Cookery Skills Set

HLTSS000XX Residential Aged Care Cookery Skill Set

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“The education skills set’s taught for Cert III is for entry level. This pre-request for HLTSS000XX is focussed for those already with a Cert III for the restaurant and dining sector and is to equip them to work in the aged care sector. We would think that they do not many basic cooking skills as they have already mastered these. There has been a move of chefs into the aged care and they have a need for the following skills and knowledge, nutrition background or understanding of the fundamental nutrition principles giving that in aged care the meals are for total nutrition unlike in the restaurant and hospitality sector. A clear understanding of aged care standard and requirements. An appreciation for the role and work of dietitians. A deep understanding of the various texture modifications and food fortification required to ameliorate malnutrition. The main need is for improving the quality of the service, where aged care homes seek to promote that their meals are prepared by chef. Chefs are already good at meal presentation and have skills to make meals tasty using cream, cheese, butter and herbs and spices. This is a positive and should be used to form the foundation of some of these units like HLTFS006 HLTAA018 needs to be reworded. The Australian Dietary Guidelines are not appropriate for this population group, and they are specifically stated as not in scope. Malnutrition and the role of food in maintaining quality of life and the main issues. Increasing choice and how to implement choice is critical. A chef has the cooking skills to make meals. What is missing in how to work in aged care with some of the dietary and texture requirements. The level of skill required would be predicated on the actual foodservice system in use. Age care is a difficult work context. For example, the aged care standard, food safety, the complexity of the resident in terms of dementia, communication, quality life, managing relative expectation and end of life uses are complex and demanding. There needs to be a unit round these issues of HLTFS006 should be modified. For example, SITXFSA001 – does have hygiene practices for food service and could be the base for the particular context of aged care. SITHCC018 Prepare food to meet special dietary requirements and SITHKOP002 plan and cost basic menus already cover some of the content proposed here but there needs to be an emphasis on the difference between a restaurant and an age care home This module needs to be renamed as it should not focus on cooking skills but on applying these in the aged care context”

HLTSS000XX Cooking skill set comment form Nutrition and Catering Institute

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