**Mapping Form –Catering Competence Framework – Level 1**

**Course provider:**

**Course title:**

*Use the form below to show clearly which competences and sub-competences your course covers and where each is addressed in the course documents. You can do this by labelling the documents you have provided, with comments, codes or line numbers where each sub-competence is addressed, then refer to each label in the second column of this mapping form. If you have provided more than one document, be sure to name each to help course evaluators find the correct place.*

*Example: to show where your course meets Core Competence 1 Fundamentals of Nutrition at Level 1 sub-competence 1, you could mark your course material FHN L1 #1 where it addresses that sub-competence.*

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| Competence 1  Fundamentals of Human Nutrition | | All Sub Competences of Fundamentals of Human Nutrition must be addressed |
| Level 1 |  |  |
| 1 | *Healthy eating guidelines*  a. Be aware of sources of reliable, evidence-based healthy eating guidelines |  |
| 2 | *Food groups and sources of nutrients*  a. Be aware of the main food groups and the benefits of eating a variety of foods. |  |
| 3 | *Carbohydrates, proteins and fats and the production of energy.*  a. Be aware carbohydrates, fats and proteins provide different amounts of energy (kJ/kcal). |  |
| 4 | *Energy requirements and energy balance*  a. Be aware of the energy requirements (kJ/kcal) of the average male and female adult  b. Be aware of the principles of energy balance and how this relates to weight control. |  |
| 5 | *Eating patterns*  a. Be aware of the importance of regular eating patterns. |  |
| 6 | *Portion size of food and drink*  a. Be aware of how portion size impacts on energy and nutrient intake. |  |
| 7 | *Food labels*   1. Be aware of nutrition information contained in food labels. |  |
| 8 | *Food preparation*  a. Be aware of different food preparation and cooking techniques in relation to nutrition. |  |
| 9 | *Hydration and fluid/ beverage intake*  a. Be aware of appropriate drinks and the importance of hydration for general health.  b. Be aware of fluid intake guidelines. |  |
| 10. | *Alcohol*  a. Be aware alcohol contributes to energy (kJ/kcal) intake.  b. Be aware of reliable sources of information on alcohol intake limits and effects of excess intake |  |
| 11. | *Nutrition communication and safe practice*  a. Be able to communicate nutrition information accurately.  b. Be aware of the importance of communicating reliable evidence-based healthy eating guidelines clearly  c. Know the limits of own knowledge and competence and when to refer on or seek further information/ support. |  |
| Competence 2  Improving Health and Wellbeing | | **Detail which sub-competences your course covers and where**  **each is addressed in the course document** |
| Level 1 | |  |
| 1 | *Under and over nutrition, diet and health risks*  a. Be aware under and over nutrition can impact on health. |  |
| 2 | *Understanding and communicating healthier food choices*  a. Be aware that recipes and menus will contain ingredients/ foods with different nutritional contents  b. Know how to support individual’s food choice to meet healthy eating guidelines. |  |
| 3 | *Health effects of specific ingredients (e.g. salt, sugar, fats, additives)*  a. Be aware of reliable sources of evidence-based information which describe the health effects of specific ingredients in food.  b. Be able to locate relevant information on food labels |  |
| 4 | *Health based food choice*  a. Be aware there are health conditions which have specific dietary requirements. |  |
| 5 | *Menu planning and recipe development*  a. Be aware healthy eating guidelines are a factor to be considered when developing recipes and menus |  |
| Competence 3  Food Allergies, Intolerances and Dietary Requirements | | **Detail which sub-competences your course covers and where each is addressed in the course document** |
| Level 1 | |  |
| 1 | *Food allergy, allergy ingredients and food labels*  a. Be aware of food allergies and comply with allergen legislation.  b. Know where to seek information/ support for individuals with food allergies in making food choice and when to call for first aid or medical help.  c. Be aware of and comply with procedures to minimise contamination risk.  d. Apply clear and prompt communication of allergy related information between FOH, BOH and the individual. |  |
| 2 | *Food Intolerances*  a. Be aware of food intolerances and the need for individuals with intolerances to avoid/ restrict certain foods |  |
| 3 | *Religious, cultural and ethical food choice*  A Be aware of reliable sources of information which describes food choice for religious, cultural and ethical reasons. |  |

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| Code of Practice | | All Sub Competences of Code of Practice must be addressed |
| 1. Understand the boundaries of your role and responsibilities | |  |
| a | Work within the limits of your knowledge, competence and skills |  |
| b | Understand the boundary of your role and if necessary, refer on as appropriate |  |
| c | Seek supervision when situations are beyond your competence and authority |  |
| d | Promote and demonstrate good practice as an individual and as a team member |  |
| e | Be accountable for your own decisions and behaviours |  |
| 2. | **Maintain the levels of your competence** |  |
| a | Maintain competence within your role and field of practice |  |
| b | Keep knowledge and skills up-to-date to ensure safe and effective practice |  |
| c | Understand your own development needs and make continuing improvements |  |
| 3. Uphold basic standards of good character | |  |
| a | Respect dignity, privacy and safety of individuals |  |
| b | Be honest, trustworthy, reliable and dependable |  |
| c | Ensure that the service you provide is delivered equally and inclusively |  |
| d | Respect and promote the views, wishes and wellbeing of individuals |  |