

The Competence Framework in Nutrition for Catering

The Competence Framework in Nutrition for Catering is made up of three competences and a Code of Practice.

The three competencies are:

1. Fundamentals of Human Nutrition;
2. Improving Health and Wellbeing;
3. Food Allergies, Intolerances and Dietary Requirements.

Level 1

This leaflet describes the knowledge and skill in nutrition necessary for those who work or volunteer in catering at Level 1 on the Qualifications and Credit Framework (QCF) who guide food choice. They might be:

*Food Service Assistant/Host;
Waiting Staff;
Kitchen Porter;
Kitchen Team Member;
Bartender;
Food and Beverage Assistant.*

Each competence is supported by a number of competency topics and knowledge statements. Knowledge statements in black text apply to both front and back of house roles; **orange** text refers to *front of house* only; **green** text refers to *back of house* only.

Achievement of Competencies

On achievement of all three competencies, those who work or volunteer in catering at Level 1 should be:

- aware of healthy eating and drinking guidelines for the average adult;
- aware that individual customers may have dietary requirements due to medical, cultural, religious and/or ethical reasons;
- aware of healthier food choices;
- able to communicate nutrition information to customers and colleagues in an appropriate manner;
- familiar with the requirements of relevant food legislation necessary for their job role.

Those who work or volunteer in catering at Level 1 **MUST** seek advice either from senior staff or a suitably qualified individual for any other nutrition related query/issue.

They **SHOULD NOT** give:

- individualised, bespoke or prescriptive dietary advice;
- advice in relation to allergens or medical conditions, other than to signpost where information is available.

About the Competence Framework

The Competence Framework has been developed and tested with the catering workforce by Association for Nutrition, with the support of Public Health England. For more information and a full copy of the Competence Framework in Nutrition for Catering at Levels 1-4 please visit www.associationfornutrition.org

LEVEL 1 : CATERING



Public Health
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The Competence Framework in Nutrition for Catering

Competence 1	Fundamentals of Human Nutrition
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 that 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	a) Be aware of nutrition information included on 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 fluid intake guidelines. b) Be aware of appropriate drinks and the importance of hydration for general health.
10. Alcohol	a) Be aware of reliable sources of information on alcohol intake limits and effects of excess intake b) Be aware alcohol contributes to energy (kJ/kcal) 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.

LEVEL 1 : CATERING

Competence 2	Improving Health and Wellbeing
1. Under and over nutrition, diet and health risks	a) Be aware how 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
1. Food allergy, allergy ingredients and food labels	<ul style="list-style-type: none">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	<ul style="list-style-type: none">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	<ul style="list-style-type: none">b) Be aware of reliable sources of information which describes food choice for religious, cultural and ethical reasons.

All users of the Competence Framework must act in accordance with the Code of Practice. Other groups such as employers, training providers and prospective students may also wish to use the Competence Framework and Code of Practice to assess staff competence, to inform the nature of the training curricula or set career aspirations and goals.

Code of Practice

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

