

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 4

This leaflet describes the knowledge and skill in nutrition necessary for those who work or volunteer in catering at Level 4 on the Qualifications and Credit Framework (QCF) who guide food choice.

They might be:

*General Manager;
Restaurant Manager;
Executive Chef;
Development Chef;
Hotelier;
Business Owner.*

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 4 should be able to:

- apply healthy eating and drinking guidelines based on gender, age and physical activity to **guide individual and group food choice** or **guide recipe & menu development**;
- appropriately communicate nutrition information to customers and colleagues and develop communication

channels for the dissemination of nutrition messages given to and by the workforce;

- know and implement the requirements of relevant food legislation necessary for their job role;
- seek additional guidance from a healthcare or nutrition professional when appropriate/ required;
- **advise on menu planning, food and cooking/preparation technique selection, and the use of information from nutrition professionals where appropriate, in the development of recipes and menus to meet healthy eating guidelines, taking account of specific food preparation techniques, nutrition information, the needs of an individual customer and requirement of sectors such as hospitals and schools.**

Those who work or volunteer in catering at Level 4 **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



The Competence Framework in Nutrition for Catering

Competence 1	Fundamentals of Human Nutrition
1. Healthy eating guidelines	<p>a) Select, apply and explain reliable, evidence-based healthy eating guidelines to guide individual and group food choice / guide recipe & menu development and how dietary needs can differ by gender, age and physical activity level.</p> <p>b) Identify and adapt menus to comply with specific regulations or guidelines regarding the dietary needs of special groups/sectors.</p> <p>c) Identify and describe the limitations of 'fad' diets.</p>
2. Food groups and sources of nutrients	<p>a) Apply knowledge and understanding of the contribution eating a variety of foods from different food groups has in relation to healthy eating guidelines and nutrient intake to guide individual and group food choice / evaluate menus and recipes.</p>
3. Carbohydrates, proteins and fats and the production of energy.	<p>a) Apply knowledge and understanding of the energy values (kJ/kcal) of carbohydrates, proteins and fats to adapt recipes to menus and meet healthy eating guidelines.</p>
4. Energy requirements and energy balance	<p>a) Apply knowledge and understanding of energy requirements (kJ/kcal) to the design of recipes and menus to meet healthy eating guidelines and specific needs of individuals and groups.</p> <p>b) Be able to apply and explain the principles of energy balance to produce energy (kJ/kcal) appropriate menu choices.</p>
5. Eating patterns	<p>a) Apply knowledge and understanding of regular eating patterns and how this may relate to individuals and groups eating habits and be able to explain the importance of maintaining regular eating patterns for a healthy and balanced diet.</p>
6. Portion size of food and drink	<p>a) Identify and apply specific strategies for providing and promoting appropriate portion sizes in relation to healthy eating guidelines.</p> <p>b) Understand and explain the impact of altering portion size on energy and nutrient intake.</p>
7. Food labels	<p>a) Apply and explain how to interpret nutrition information included on food labels to support individual and group food choice in relation to healthy eating guidelines / support menu development in relation to healthy eating guidelines.</p>
8. Food preparation	<p>a) Apply understanding of different food preparation and cooking techniques to explain to individuals and the FOH team the impact of different food preparation techniques in relation to nutrition and healthy eating guidelines / Apply and explain different food preparation and cooking techniques to create healthier food choices.</p>

LEVEL 4 : CATERING

<p>9. Hydration and fluid/beverage intake</p>	<p>a) Be able to explain and apply ways to support individuals and groups in meeting their relevant fluid intake levels. b) Be able to explain fluid intake guidelines as appropriate for individual, group and setting needs. c) Be able to explain appropriate drinks for good hydration.</p>
<p>10. Alcohol</p>	<p>a) Apply understanding of the alcohol content of beverages to explain and provide choice in relation to alcohol intake limits. b) Be able to explain the contribution of alcohol to energy intake (kJ/kcal) and the effects of excess intake.</p>
<p>11. Nutrition communication and safe practice</p>	<p>a) Be able to select and apply appropriate communication methods to explain reliable evidence-based healthy eating guidelines and nutrition information, consistent with the needs of the individual, group and workforce. b) Be able to develop and apply protocols for the communication of nutrition information across the workforce. c) Know the limits of own knowledge and competence and when to refer on or seek further information/ support.</p>

Competence 2

Improving Health and Wellbeing

<p>1. Under and over nutrition, diet and health risks</p>	<p>a) Apply nutrition knowledge to provide and explain food options which alter nutrient intake for the needs of specific individuals or groups at risk of under and over nutrition, and know where and how to seek further information/ support or refer on.</p>
<p>2. Understanding and communicating healthier food choices</p>	<p>a) Apply knowledge and understanding of the provision of healthier food options in the design of recipes and menus. b) Understand and explain how altering menus can contribute to the meeting of healthy eating guidelines.</p>
<p>3. Health effects of specific ingredients (e.g. salt, sugar, fats, additives)</p>	<p>a) Know and understand there are regulations/guidelines for the intake of specific ingredients for some sectors. b) Apply knowledge and understanding of relevant regulations/guidelines for the intake of specific ingredients to develop appropriate healthy dishes and menus to meet the needs of the relevant individuals and groups.</p>
<p>3. Health based food choice</p>	<p>a) Understand the impact to the diet of specific food choices made for health reasons and apply knowledge of relevant requirements/ guidelines, including knowing when to seek information/ support from nutrition professionals, to ensure recipes and menus are suitable for individuals with specific dietary needs.</p>

4. Menu planning and recipe development

- a) Apply and be able to describe food and cooking/preparation technique selection, and the use of information from nutrition professionals where appropriate, in the development of recipes and menus to meet healthy eating guidelines.
- b) Apply relevant nutrition requirements/ recommendations for specific sectors (hospitals, public sector, schools etc.) to recipes and menus.

Competence 3

Food Allergies, Intolerances and Dietary Requirements

1. Food allergy, allergy ingredients and food labels

- a) Comply with and apply understanding of food allergies and allergen legislation requirements.
- b) Be able to explain appropriate procedures required to comply with allergen regulations and when/ where to seek information/ support.
- c) Apply knowledge and understanding of food allergens to clearly communicate information on menu/ ingredient substitutions to individuals with food allergies.

2. Food Intolerances

- a) Apply knowledge and understanding of food intolerances to modify and explain the food provision to relevant individuals.

3. Religious, cultural and ethical food choice

- a) Understand the impact of specific food preferences for religious, cultural and ethical food choice reasons.
- b) Apply knowledge to ensure dishes, menus and cooking/ preparation methods are suitable for the dietary needs of individuals/ groups.

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

ASSOCIATION FOR NUTRITION
28 PORTLAND PLACE
LONDON W1B 1LY
T: +44 (0)20 7291 8352
www.associationfornutrition.org

Registered Charity in England and Wales no.1136624
Registered Company No. 6488331
Copyright © 2015 by Association for Nutrition (AfN). All rights reserved.
This material may not be reproduced in whole or in part and in any media without written permission from AfN.