Modification history

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| Release | Comments |
| Release 1 | This version released with FBP Food, Beverage and Pharmaceutical Training Package version 2.0. |

| FBPFST5004 | Specify and monitor the nutritional value of processed food |
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| Application | This unit of competency describes the skills and knowledge required to provide nutritional information for processed food, and to implement procedures to optimise the nutritional value of a product. The individual is required to demonstrate deep knowledge in a specific technical area and to design and communicate solutions to sometimes complex problems.This unit applies to individuals who are responsible for specifying and monitoring the nutritional value of foods through processing and verifying the accuracy of label information in technical management roles or product development roles. No occupational licensing or certification requirements apply to this unit at the time of publication. However, legislative and regulatory requirements for food processing exist so local requirements must be checked. All work must comply with Australian food safety standards and relevant codes of practice. |
| Prerequisite Unit | Nil  |
| Unit Sector | Food science and technology (FST) |

| Elements | Performance Criteria |
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| Elements describe the essential outcomes. | Performance criteria describe the performance needed to demonstrate achievement of the element. |
| 1. Ensure label information is accurate and complete | 1.1 Identify the dietary intakes and requirements for an identified consumer group for a food product1.2 Provide food storage and preparation information related to maintaining nutritional value and food safety1.3 Apply organisational and National Health and Medical Research council (NHMRC) Australian Dietary Guidelines for nutritional information on product labels |
| 2. Evaluate methods of preserving nutrients during food processing and storage | 2.1 Analyse the effects of food processing and storage conditions on the stability of certain nutrients2.2 Evaluate the need for fortification of processed foods in the Australian diet 2.3 Evaluate food processing and storage methods for their impact on the nutritive value of product |
| 3. Assess the benefits of food products developed or modified to meet the needs of a customer group | 3.1 Evaluate common nutritional deficiencies and related diseases3.2 Identify appropriate diets for customers with specific requirements or health challenges3.3 Identify and categorise modified and functional foods3.4 Assess the main benefits of food products developed or modified to meet the nutritional needs of special groups |
| 4. Apply nutritional information and issues to product development, labelling and marketing of processed foods | 4.1 Evaluate and apply nutritional requirements to be considered during product development4.2 Apply the legal requirements for nutritional labelling food products4.3 Evaluate nutritional issues in relation to the legal and ethical marketing of processed foods |

| Foundation SkillsThis section describes those language, literacy, numeracy and employment skills that are essential for performance in this unit of competency but are not explicit in the performance criteria. |
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| Skill | Description |
| Reading  | * Interprets research and analytical materials
* Interprets guidelines, standards and regulations for nutritional information on product labels
* Interprets food processing and storage procedures
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| Writing | * Documents nutritional information and issues
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| Numeracy | * Interprets analytical results and nutritional information about a product
* Maintains and analyses data resulting from testing of new food products
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| Unit Mapping Information |
| Code and title current version | Code and title previous version | Comments | Equivalence status |
| FBPFST5004 Specify and monitor the nutritional value of processed food | FDFFST5004A Specify and monitor the nutritional value of processed food | Updated to meet Standards for Training Packages | Equivalent unit |

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| Links | Companion Volumes, including Implementation Guides, are available at VETNet: https://vetnet.education.gov.au/Pages/TrainingDocs.aspx?q=78b15323-cd38-483e-aad7-1159b570a5c4 |

| TITLE | Assessment requirements for FBPFST5004 Specify and monitor the nutritional value of processed food |
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| Performance Evidence |
| An individual demonstrating competency must satisfy all of the elements and performance criteria in this unit. There must be evidence that the individual has specified and monitored the nutritional value of processed food items, including:* evaluating at least three processed food products to identify their nutritional properties
* evaluating nutritional issues in relation to product development, labelling and marketing of processed foods
* determining the processing requirements of food to meet specific nutritional requirements
* recognising key macronutrients required for a healthy diet
* comparing the nutritional needs of special population groups
* evaluating nutritional related risk factors and diseases.
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| Knowledge Evidence |
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| An individual must be able to demonstrate the knowledge required to perform the tasks outlined in the elements and performance criteria of this unit. This includes knowledge of:* key macro and micro nutrients for a healthy diet
* the processes of digestion, absorption and energy metabolism in the human body
* human energy requirements
* dietary guidelines and legislative requirements related to processed foods and labelling
* the effects of processing and storage on nutrients, and the methods for overcoming these effects
* the role of proteins in nutrition
* the role of carbohydrates in nutrition
* the role of vitamins and minerals in nutrition
* the role of dietary fibre
* the role of lipids in nutrition
* the body’s processes for storing and using water and its role in nutrition
* nutritional related risk factors and diseases
* food intolerances and allergies
* diseases caused by nutritional deficiencies
* modified and functional foods and nutraceuticals.
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| Assessment Conditions |
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| Assessment of skills must take place under the following conditions: * physical conditions:
* skills must be demonstrated in a workplace setting or an environment that accurately represents a real workplace
* resources, equipment and materials:
* food testing equipment, data and operating procedures
* methods and related software systems for collecting data and calculating yields, efficiencies and material variances appropriate to production environment
* sample processed food items

specifications:* tests used to identify nutritional information in processed food.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards. |

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