

	<b>RPL Assessment Sheet</b>	
	KSA Campus:	Current as of:
	Student Name:	Next Review:

<b>Unit Code</b> HLTHPO10	<b>Unit Name</b> Interpret and use information about Nutrition and Diet
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Mandatory Unit Requirements	Evidence Collected				
Elements and Performance Criteria	<i>Certificate Statement of Attainment</i>	<i>Third Party Referral (letter from employer etc)</i>	<i>Portfolio of evidence</i>	<i>Practical Assessment</i>	<i>Evidence Accepted Y/N</i>
<b>1. Access nutritional and dietary information</b> 1.1 Establish credible sources of information about nutrition and diet 1.2 Access and interpret current dietary guidelines for healthy Australians and nutritional information that support self-care 1.3 Extract and distil information relevant to own practice					
<b>2. Use information about diet and nutrition</b> 2.1 Determine situations where nutrition and diet may play a role for individual clients 2.2 Integrate knowledge of basic nutrition and diet into service provision 2.3 Promote healthy diet and nutrition to others based on the <i>Australian dietary guidelines</i> 2.4 Provide information on lifestyle, self-care practices and specialist services related to diet and nutrition 2.5 Identify situations where referral to a health care professional is required and take action accordingly					

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<b>3. Maintain own knowledge of nutrition</b> 3.1 Identify and use opportunities to update nutritional knowledge 3.2 Monitor current issues and trends in nutrition and diet 3.3 Evaluate potential changes in own work based on updated knowledge					
<b>Performance evidence</b>					
<b>There must be evidence that the candidate has:</b> <ul style="list-style-type: none"> <li>- used critical thinking skills to review and distil information about nutrition and diet</li> <li>- used information about nutrition and diet within the scope of own job role in the provision of services to at least 3 different people</li> </ul>					
<b>Knowledge Evidence</b>					
<b>The candidate must be able to demonstrate essential knowledge of</b> Legal and ethical requirements in relation to the provision of nutritional and diet information to clients: <ul style="list-style-type: none"> <li>- roles, responsibilities and limitations of different people</li> <li>- conflicts of interest and ethical considerations</li> </ul>					
Source of information about nutrition and diet and ways to assess their credibility					
Established evidence-based sources of information about nutrition and diet					

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Anatomy and physiology relating to diet, including: <ul style="list-style-type: none"> <li>- structure of the digestive system</li> <li>- role of metabolism</li> <li>- digestive processes and activities, including:</li> <li>- ingestion</li> <li>- mechanical digestion</li> <li>- propulsion</li> <li>- chemical digestion</li> <li>- absorption</li> <li>- defecation</li> </ul>					
Primary components of <i>Australian dietary guidelines</i> , including those for older Australians, children and adolescents					
Foods and their key features as described in the <i>Australian dietary guidelines</i> , including diet related aspects of chronic disease: <ul style="list-style-type: none"> <li>- diabetes</li> <li>- cardiovascular</li> <li>- obesity/eating disorders</li> </ul>					
Basic principles and practices of nutrition and healthy diet, including nutrients, their function, recommended dietary intake (RDI), toxicity and their food sources					
Benefits of antioxidants, and food groups that provide good sources					
Influences on food choices for individuals					
Food labelling and interpretation					

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Role and implications of using food additives and preservatives					
Health implications of food choices					
Role of good nutrition in avoiding dietary diseases					
Effects of various processing and cooking methods and food storage on nutrients					
Commonly encountered food intolerances					
Main types and characteristics of special diets that are part of contemporary Australian society: <ul style="list-style-type: none"> <li>- diabetic</li> <li>- coeliac/gluten free/low gluten</li> <li>- low cholesterol</li> <li>- low fat</li> <li>- sugar free</li> <li>- vegetarian</li> <li>- vegan</li> <li>- diets specific to different cultures and religions</li> </ul>					
The meaning of: <ul style="list-style-type: none"> <li>- drug–food interactions</li> <li>- food allergy</li> <li>- food intolerance</li> <li>- alkaline and acidity charts</li> </ul>					
Indicators of need for referral to specialist advice					

	<b>RPL Outcome:</b>	
<b>Student signature:</b> <b>Date:</b>	Assessor Name:	Upgrade Required Y/N
	Assessor Signature:	Competent / NYC
		Date: