

Short Course

Enhancing your Cookery Skills and Nutritional Knowledge in Aged Care



This short course will provide the knowledge to support nutritious, innovative methods of food service to our ageing community.

Course aims

With a hands on approach you will learn from a current chef/ dietary coordinator in the aged care industry practical methods of food presentation and how to provide optimum nutrition.

The course will develop your skills and knowledge in the selection and planning of balanced meals, general menu planning principles and the development, modification and evaluation of menus within dietary guidelines.

We will explore the special nutritional and dietary needs of a number of different client groups, including at risk and cultural groups and assess both meals and menus for their suitability for texture modification, using relevant guidelines.

Course content

- > Plan and Evaluate Meals and Menus to meet recommended Dietary Guidelines HLTNA302D
- > Plan and Modify Meals and Menus according to Nutrition Care Plans HLTNA303D
- > Plan Meals and Menus to meet Cultural and Religious Needs HLTNA304D

Course admission requirements

Desirable but not essential: Certificate III in Commercial Cookery [SIT308130 or equivalent].

Course details

Regency Campus

- > 4 weeks x 4 hours
- > Wednesdays 4,11,18 & 25 May 2016
- > 5.30pm - 9.30pm

For further information contact Paul Herbig
T: 8348 4518

E: paul.herbig@tafesa.edu.au

Barossa Valley Campus

- > 3 weeks x 5.5 hours
- > Wednesdays 15, 22 & 29 June 2016
- > 10.30am - 4.30pm

For further information contact Jan Koerner

T: 8562 0540

E: janette.koerner@tafesa.edu.au

Fees

\$320.00

How to apply

Apply on line at: www.tafesa.edu.au/courses/short-courses/cooking

Maggie Beer

"It would come as no surprise that I've loved food all my life. It's my joy, and sometimes my heartache, but we can fix that, and together, we can improve the health, happiness and quality of life of every older Australian."



This is the opportunity for you to excel in the aged care industry, providing you with the education you require to make a difference in aged care kitchens; the opportunity to provide you with the much needed training that isn't available in the current course.

It is time for aged care chefs and cooks to be given the skills required for this incredibly complex field and to be recognised for the wonderful work they do."

Simon Bryant

"During my TAFE training there was so much more value offered than just learning skills and techniques I needed for my future career."



The camaraderie and networks that were established, the pride in my industry that was fostered and the realisation that I was part of a greater guild of craftsmen and the passion that was seeded and desire to honour the title of "chef".

If we are to continue to make some positive inroads – and many have already been made by great service providers and individuals- across the growing aged care sector I feel that training is the real key to unlocking the potential in both new young entrants and established existing staff (by way of ongoing retraining) across the industry."