# **Dietary Aide**

Youth Apprenticeship



#### **DIETARY AIDE**

Dietary Aide youth apprentices assist with meal planning and preparation while practicing infection control and safety. They serve food and aid clients with eating. They maintain the kitchen and dining room inventory and perform necessary quality checks to meet federal food safety requirements.

Length of Apprenticeship: One year

### **REQUIRED COMPETENCIES**

Youth apprentices must become proficient in both general employability and occupation-specific competencies. All of these, and examples of how each can be demonstrated, are found in the following pages. A total of 13 occupational competencies must be learned for this occupation. Employers may substitute out one of these and should write in the competency they are adding). Youth apprentices must be evaluated on these competencies at least two times each year of their apprenticeship.

#### **Occupational Competencies**

- 1. Practice infection control and safety
- 2. Assist to plan menus based on nutritional needs by consulting with the facility dietician
- 3. Assist to prepare food
- 4. Verify food content matches dietary restrictions
- 5. Deliver food trays
- 6. Setup dining room
- 7. Take food orders
- 8. Serve food
- 9. Aid client with eating and hydration
- 10. Perform choking maneuver (simulation)
- 11. Maintain kitchen and dining inventory
- 12. Perform assigned cleaning duties
- 13. Perform quality assurance checks to meet federal food safety requirements

#### POST-SECONDARY PATHWAY OPPORTUNITIES

There are several post-secondary pathway opportunities in this area. The following is a partial list.

- Dietary Manager
- Nutrition and Dietetic Technician
- Gerontology
- Dementia Care



# **Dietary Aide**

Youth Apprenticeship

### ON-THE-JOB LEARNING PERFORMANCE STANDARDS GUIDE

#### YOUTH APPRENTICE INFORMATION

TOUTH APPRENTICE INFORMATION	
Youth Apprentice Name	
YA Coordinator	
YA Consortium	
School District	
SIGNATURES	
The On-the-Job Learning Performance Standards	S Guide includes a list of competencies youth
apprentices learn through mentoring and trainin	· · · · · · · · · · · · · · · · · · ·
should be reviewed with the employer/mentor,	rs and School-Based or YA coordinators: This document school-based or YA coordinator on a regular basis with n future steps to ensure completion of the required inator, and the apprentice sign below.
	oyer/Mentor
1 <sup>st</sup> Evaluation (Required)	2 <sup>nd</sup> Evaluation (Required)
Employer/Mentor Signature	Employer/Mentor Signature
Employer/Mentor	Employer/Mentor
Business/Company	Business/Company
Date Signed	Date Signed
3 <sup>rd</sup> Evaluation (Optional)	4th Evaluation (Optional)
Employer/Mentor Signature	Employer/Mentor Signature
Employer/Mentor	Employer/Mentor
Business/Company	Business/Company
Date Signed	Date Signed

# **School-Based and/or YA Coordinator**

### 1<sup>st</sup> Evaluation (Required)

# 2<sup>nd</sup> Evaluation (Required)

School-Based and/or YA Coordinator Signature	School-Based and/or YA Coordinator Signature
School-Based and/or YA Coordinator	School-Based and/or YA Coordinator
School District or Organization	School District or Organization
Date Signed	Date Signed

### 3<sup>rd</sup> Evaluation (Optional)

### 4th Evaluation (Optional)

School-Based and/or YA Coordinator Signature	School-Based and/or YA Coordinator Signature
School-Based and/or YA Coordinator	School-Based and/or YA Coordinator
School District or Organization	School District or Organization
Date Signed	Date Signed

### **Youth Apprentice**

### 1<sup>st</sup> Evaluation (Required)

### 2<sup>nd</sup> Evaluation (Required)

Youth Apprentice Signature	Youth Apprentice Signature
Youth Apprentice	Youth Apprentice
School District / High School	School District / High School
Date Signed	Date Signed

### 3<sup>rd</sup> Evaluation (Optional)

### 4th Evaluation (Optional)

Youth Apprentice Signature	Youth Apprentice Signature
Youth Apprentice	Youth Apprentice
School District / High School	School District / High School
Date Signed	Date Signed

### EMPLOYABILITY SKILLS (TO BE COMPLETED BY YA EMPLOYER/MENTOR)

All youth apprentices must demonstrate the key employability skills listed below in order to complete the YA program. They do so by earning at least a "Meets Expectation" rating in each. At least two evaluations are required each year of a youth apprenticeship. More columns are included below for those who choose to conduct more frequent reviews.

1	Working to Meet Expectations: Needs improvement; requires much assistance and supervision;
	rarely displays this behavior
2	Meets Expectations: Meets entry-level criteria; requires some supervision; often displays this
	behavior
3	Exceeds Expectations: Exceeds entry-level criteria; requires minimal supervision; consistently
	displays this behavior

Employability Skills		Ra	ting	
Competency and Rating Criteria	Minin		ng of 2 fo Rating	r EACH
	Initial	Mid	Mid	Final
Competency and Rating Criteria	IIIILIAI	Year 1	Year 2	FIIIAI
<ol> <li>Develops positive work relationships with others.         Examples of qualities and habits that the employee might exhibit include         Interacts with others with respect and in a non-judgmental manner         Responds to others in an appropriate and non-offensive manner         Helps co-workers and peers accomplish tasks or goals         Applies problem-solving strategies to improve relations with others         When managing others, shows traits such as compassion, listening, coaching, team development, and appreciation     </li> </ol>	□ 1 □ 2 □ 3	☐ 1 ☐ 2 ☐ 3	☐ 1 ☐ 2 ☐ 3	☐ 1 ☐ 2 ☐ 3
<ul> <li>2. Communicates effectively with others  Examples of qualities and habits that the employee might exhibit include</li> <li>Adjusts the communication approach for the target audience, purpose, and situation to maximize impact</li> <li>Organizes messages/information in a logical and helpful manner</li> <li>Speaks clearly and writes legibly</li> <li>Models behaviors to show active listening</li> <li>Applies what was read to actual practice</li> <li>Asks appropriate questions for clarity</li> </ul>	□ 1 □ 2 □ 3	☐ 1 ☐ 2 ☐ 3	□ 1 □ 2 □ 3	□ 1 □ 2 □ 3
<ul> <li>Collaborates with others         Examples of qualities and habits that the employee might exhibit include     </li> <li>Works effectively in teams with people of diverse backgrounds regardless of sex, race, ethnicity, nationality, sexuality, religion, political views, and abilities</li> <li>Shares responsibility for collaborative work and decision making</li> <li>Uses the problem-solving process to work through differences of opinion in a constructive manner to achieve a reasonable compromise</li> <li>Avoids contributing to an unproductive group conflict</li> <li>Shares information and carries out responsibilities in a timely manner</li> </ul>	□ 1 □ 2 □ 3	☐ 1 ☐ 2 ☐ 3	☐ 1 ☐ 2 ☐ 3	☐ 1 ☐ 2 ☐ 3

Employability Skills		Rat	ting	
	Minimum Rating of 2 for EACH		r EACH	
Competency and Rating Criteria	Check Rating			
Competency and Rating Criteria	Initial	Mid	Mid	Final
Competency and Rating Criteria		Year 1	Year 2	
<ul> <li>4. Maintains composure under pressure  Examples of qualities and habits that the employee might exhibit include</li> <li>Uses critical thinking to determine the best options or outcomes when faced with a challenging situation</li> <li>Carries out assigned duties while under pressure</li> <li>Acts in a respectful, professional, and non-offensive manner while under pressure</li> <li>Applies stress management techniques to cope under pressure</li> </ul>	☐ 1	☐ 1	☐ 1	☐ 1
	☐ 2	☐ 2	☐ 2	☐ 2
	☐ 3	☐ 3	☐ 3	☐ 3
<ul> <li>Demonstrates integrity         <ul> <li>Examples of qualities and habits that the employee might exhibit include</li> <li>Carries out responsibilities in an ethical, legal and confidential manner</li> <li>Responds to situations in a timely manner</li> <li>Takes personal responsibility to correct problems</li> <li>Models behaviors that demonstrate self-discipline, reliability, and dependability</li> </ul> </li> </ul>	□1	□1	□1	□1
	□2	□2	□2	□2
	□3	□3	□3	□3
<ul> <li>6. Performs quality work         Examples of qualities and habits that the employee might exhibit include</li> <li>Carries out written and verbal directions accurately</li> <li>Completes work efficiently and effectively</li> <li>Performs calculations accurately</li> <li>Conserves resources, supplies, and materials to minimize costs and environmental impact</li> <li>Uses equipment, technology, and work strategies to improve workflow</li> <li>Applies problem-solving strategies to improve productivity</li> <li>Adheres to worksite regulations and practices</li> <li>Maintains an organized work area</li> </ul>	☐ 1	☐ 1	☐ 1	☐ 1
	☐ 2	☐ 2	☐ 2	☐ 2
	☐ 3	☐ 3	☐ 3	☐ 3
<ul> <li>Provides quality goods or services (internal and external)         Examples of qualities and habits that the employee might exhibit include         <ul> <li>Shows support for the organizational goals and principles by own personal actions</li> <li>Displays a respectful and professional image to customers</li> <li>Displays an enthusiastic attitude and desire to take care of customer needs</li> <li>Seeks out ways to increase customer satisfaction</li> <li>Produces goods to workplace specifications</li> </ul> </li> </ul>	☐ 1	☐ 1	☐ 1	□1
	☐ 2	☐ 2	☐ 2	□2
	☐ 3	☐ 3	☐ 3	□3
<ul> <li>8. Shows initiative and self-direction  Examples of qualities and habits that the employee might exhibit include</li> <li>Prioritizes and carries out responsibilities without being told</li> <li>Responds with enthusiasm and flexibility to handle tasks that need immediate attention</li> <li>Reflects on any unsatisfactory outcome as an opportunity to learn</li> <li>Improves personal performance by doing something different or differently</li> <li>Analyzes how own actions impact the overall organization</li> <li>Supports own action with sound reasoning and principles</li> <li>Balances personal activities to minimize interference with work responsibilities</li> </ul>	☐ 1	☐ 1	☐ 1	☐ 1
	☐ 2	☐ 2	☐ 2	☐ 2
	☐ 3	☐ 3	☐ 3	☐ 3

Employability Skills		Rat	ting	
Competency and Rating Criteria	Minimum Rating of 2 for EACH		r EACH	
1 , 5	Initial	Check Mid	Rating Mid	Final
Competency and Rating Criteria	IIIILIAI	Year 1	Year 2	rillai
<ul> <li>9. Adapts to change Examples of qualities and habits that the employee might exhibit include</li> <li>Shows flexibility and willingness to learn new skills for various job roles</li> <li>Uses problem-solving and critical-thinking skills to cope with changing circumstances</li> <li>Modifies own work behavior based on feedback, unsatisfactory outcomes, efficiency, and effectiveness</li> <li>Displays a "can do" attitude</li> </ul>	☐ 1	☐ 1	☐ 1	☐ 1
	☐ 2	☐ 2	☐ 2	☐ 2
	☐ 3	☐ 3	☐ 3	☐ 3
<ul> <li>10. Demonstrates safety and security regulations and practices  Examples of qualities and habits that the employee might exhibit include</li> <li>Follows personal safety requirements</li> <li>Maintains a safe work environment</li> <li>Demonstrates professional role in an emergency</li> <li>Follows security procedures</li> <li>Maintains confidentiality</li> </ul>	☐ 1	□1	□1	□1
	☐ 2	□2	□2	□2
	☐ 3	□3	□3	□3
<ul> <li>11. Applies job-related technology, information, and media  Examples of qualities and habits that the employee might exhibit include</li> <li>Applies technology effectively in the workplace</li> <li>Assesses and evaluates information on the job</li> <li>Assesses training manuals, website, and other media related to the job</li> </ul>	☐ 1	□1	☐ 1	☐ 1
	☐ 2	□2	☐ 2	☐ 2
	☐ 3	□3	☐ 3	☐ 3
<ul> <li>12. Fulfills training or certification requirements for employment         Examples of this requirement may include</li> <li>Participation in required career-related training and/or educational programs</li> <li>Passing certification tests to qualify for licensure and/or certification</li> <li>Participation in company training or orientation</li> </ul>	☐ 1	☐ 1	□1	☐ 1
	☐ 2	☐ 2	□2	☐ 2
	☐ 3	☐ 3	□3	☐ 3
<ul> <li>13. Sets personal goals for improvement</li></ul>	☐ 1	□1	☐ 1	□1
	☐ 2	□2	☐ 2	□2
	☐ 3	□3	☐ 3	□3

# OCCUPATIONAL COMPETENCIES (TO BE COMPLETED BY YA EMPLOYER/MENTOR)

Youth apprentices must earn a rating of at least "MEETS EXPECTATIONS" in each competency by the conclusion of the apprenticeship. A total of 13 competencies, 12 must be from the list below. If necessary, employers can substitute one competency with another occupationally appropriate skill. That skill should be added to the competency list for assessment. At least two evaluations are required each year of a youth apprenticeship. More columns are included below for those who choose to conduct more frequent reviews.

1	Working to Meet Expectations: Needs improvement; requires much assistance and supervision;
	rarely displays this behavior
2	Meets Expectations: Meets entry-level criteria; requires some supervision; often displays this
	behavior
3	Exceeds Expectations: Exceeds entry-level criteria; requires minimal supervision; consistently
	displays this behavior

	Occupational Competencies		Rat	ing	
	Competency and Rating Criteria		Year 1 Ev um Ratin Check I	g of 2 for	EACH
		Initial	Mid Year 1	Mid Year 2	Final
1. Prac	maintain a clean work environment clean up spills follow sanitation procedures wear appropriate personal protective equipment (PPE) handle chemicals safely	□1 □2 □3	☐ 1 ☐ 2 ☐ 3	☐ 1 ☐ 2 ☐ 3	□ 1 □ 2 □ 3
	ist to plan menus based on nutritional needs by consulting with facility dietician plan or review menus for various therapeutic diets discuss how the dietician determines what is appropriate identify nutrition requirements for various types of diets identify foods used to meet the nutritional requirements	□1 □2 □3	□ 1 □ 2 □ 3	□ 1 □ 2 □ 3	□ 1 □ 2 □ 3
•	follow safe food handling and sanitation procedures prepare fruits, salads, breads, and desserts plate items for serving wrap and date items for storage store and label food prepare beverages for meal service (coffee, water pitchers, etc.) ensure food is processed appropriate for client's ability to consume (chopping, cut, pureed, etc.) maintain appropriate temperature	☐ 1 ☐ 2 ☐ 3	☐ 1 ☐ 2 ☐ 3	☐ 1 ☐ 2 ☐ 3	□ 1 □ 2 □ 3

Occupational Competencies		Rati	ing	
		Year 1 Ev		
		um Ratin		EACH
Competency and Rating Criteria		Check I		
	Initial	Mid	Mid	Final
		Year 1	Year 2	
4. Verify food content matches dietary restrictions		☐ <b>1</b>		<b>□</b> 1
check plated meal matches client order				
<ul> <li>ensure meal matches client's ability to consume (chopped, cut, pureed,</li> </ul>	<b>□ 2</b>	<u> </u>	<u> </u>	<b>□ 2</b>
etc.)				
<ul> <li>ensure meal matches the specific therapeutic diet for the client</li> </ul>				
<ul> <li>ensure meal has appropriate portion sizes</li> </ul>				
<ul> <li>record meal amounts if required for monitoring intake and output</li> </ul>				
record mear amounts in required for monitoring intake and output				
5. Deliver food trays		<b>□</b> 1	<b>□</b> 1	<b>□1</b>
take order				
verify food matches dietary restrictions	<u> </u> 2	<u> </u>	<u> </u>	
place all meal items on a tray or in a bag		∐3	∐3	
<ul> <li>bring food to the room at designated time</li> </ul>				
setup the food tray if necessary				
secup the rood day in necessary				
6. Setup dining room	<b>□</b> 1	<b>□1</b>	<b>□1</b>	<b>□1</b>
clear the tables				
sanitize tables				
set tables	3	∐3	∐3	
vacuum				
tear down dining room				
g at				
7. Take food orders	<b>□</b> 1	<b>□</b> 1	<b>□</b> 1	<b>□</b> 1
greet client	<u> </u>			 2
determine if client has special food needs		☐ ☐ 3	☐ ☐ 3	□ - □ 3
describe available menu items		🗆 🤊	🗆 🤊	🗆 🤊
<ul> <li>record order providing selection assistance if appropriate</li> </ul>				
enter order into the computer				
<ul> <li>verify food selections match dietary restrictions</li> </ul>				
8. Serve food	□ 1	□ 1	□ 1	□ 1
obtain food from the line	□ 2	□ 2	□ 2	□ 2
bring food to client		 3	 3	 3
bring water and other drinks				
<ul> <li>prepare food for serving; adapt food for client</li> </ul>				
needs (i.e., cutting up food items)				
check with client to ensure order is satisfactory				
aid clients as needed				
<ul> <li>bus tables, scrape plates and deliver to the dishwashing</li> </ul>				
area				
<ul> <li>discard leftovers and take out garbage</li> </ul>				

Occupational Competencies	Rating				
	Year 1 Evaluation				
		Minimum Rating of 2 for EACH			
Competency and Rating Criteria	Check Rating				
	Initial	Mid	Mid	Final	
		Year 1	Year 2		
9. Aid client with eating and hydration	<b>□ □ 1</b>	<b>□ □ 1</b>	<b>□</b> 1	<b>□1</b>	
identify potential problems the client may  Avaisable to be a feed back from district and appeals the granist.  A second on feed back from district and appeals the granist.	<b>□</b> 2	<b>□</b> 2	□ 2	2	
experience based on feedback from dietician and speech therapist	☐ 3	☐ 3	☐ 3	☐ 3	
position client for the meal     promote client independence using adaptive					
<ul> <li>promote client independence using adaptive devices</li> </ul>					
<ul> <li>confirm the food is appropriate to a prescribed diet</li> </ul>					
<ul> <li>safely assist client with eating as needed</li> </ul>					
sit while assisting client					
assist with and/or clean client as needed					
report/record client eating patterns, fluid intake, problems and change					
as required					
10. Perform choking maneuver (simulation)	<b>□</b> 1	<b>□</b> 1	<b>□1</b>	<b>□1</b>	
<ul> <li>complete an approved course on choking maneuvers</li> </ul>				 2	
assess the choking situation				□ 3	
identify the obstruction as partial or complete					
<ul> <li>contact emergency care specialist or designate someone</li> </ul>					
to get help					
<ul> <li>perform choking maneuver for a simulated conscious</li> </ul>					
person					
report and record incident					
11. Maintain kitchen and dining inventory	<b>□</b> 1	<b>□</b> 1	<b>□</b> 1	<b>□1</b>	
keep all assigned items and areas stocked with supplies	☐ <del>-</del>	☐ <del>_</del>	☐ <u>-</u>	□ <u>-</u>	
organize/clean storage areas					
stock ingredients and food	🗀 🍮	🗀 🍮	3	🗆 3	
monitor inventory					
open and date items					
12. Perform assigned cleaning duties	<b>□</b> 1	<b>□</b> 1	<b>□</b> 1	<b>□</b> 1	
clean and sanitize counters, cupboards, and equipment					
sweep, mop and/or vacuum floors		<u> </u>		□2	
wipe up spills	∐3	∐3	3	3	
tear down equipment (soup bar, salad bar, etc.)					
12. Parform quality assurance chacks to most fodoval food safety					
13. Perform quality assurance checks to meet federal food safety requirements					
reference the Federal 483.60(i) Food safety requirements	<u> </u> 2			<u> </u>	
standard to determine requirements	<b>3</b>	∐3	3	3	
perform checks as needed					
record results					

Occupational Competencies	Rating			
	Year 1 Evaluation			
	Minimum Rating of 2 for EACH		EACH	
Competency and Rating Criteria	Check Rating			
competency and nating enterial	Initial	Mid	Mid	Final
	miciai	Year 1	Year 2	1
Competency Substitute (if you replaced a competency above, note the	□ 1	<u> </u>	☐ <b>1</b>	1
competency and rating)	□ 2	□ 2	□ 2	□ 2
	□ 3	☐ 3	□ 3	□ 3
Comments:				

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