



# CERTIFICATE SUPPLEMENT (\*)



## 1. TITLE OF THE CERTIFICATE (EN )

**Diet cook, diet cooking**

## 2. TRANSLATED TITLE OF THE CERTIFICATE (IS )

**Matartæknir**

This translation has no legal status

## 3. PROFILE OF KNOWLEDGE AND SKILLS

### The holder

- cooks healthy and conventional family food according to the nutritional needs of different groups of people, i.e. children, elderly people and people suffering from different diseases and needing specialised diets. Prepares food for those not following traditional diets
- knows how to prepare conventional food to suit special dietary needs
- receives processed and unprocessed foodstuffs, categorizes and evaluates the condition and quality of the ingredients according to the information given on the package, checks the temperature and general quality standards and puts them into storage
- calculates the health and nutrition values of the most common produce and adjusts the serving portions to the consuming needs of the target groups and individuals
- makes up menus, lays tables and prepares meals to be served. Takes part in professional discussions on cooking in health institutions where e.g. the menus need to meet special requirements
- has good customer service attitude
- is familiar with food allergies and intolerances
- uses hand-held tools and has good skills for cutting and handling vegetables, fish and meat
- cleans and disinfects the premises, equipment and tools. Is able to supervise such cleaning according to existing hygiene standards and regulations on cleanliness and handling of hazardous substances
- makes lists of orders and tasks
- ensures the quality criteria of internal control in kitchens has been adhered to, i.e. guideline limits for temperature and hygiene as well as the rules on traceability of goods and services and the handling of those
- shows respect for the trade, the foodstuffs and their usage. Takes a responsible view towards sustainability.

## 4. RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE CERTIFICATE

Diet cooks cook conventional family food, festive food and special diet. They make up menus suitable for the needs of different groups and individuals with special needs. They work as cooks in the kitchens of health institutions and canteens and supervise work in the kitchens of health institutions. Authorised to work as diet cooks are those who have been licensed as such by the Directorate of Health.

### (\*) Explanatory note

This document is designed to provide additional information about the specified certificate and does not have any legal status in itself. The format of the description is based on the following texts: Council Resolution 93/C 49/01 of 3 December 1992 on the transparency of qualifications, Council Resolution 96/C 224/04 of 15 July 1996 on the transparency of vocational training certificates, and Recommendation 2001/613/EC of the European Parliament and of the Council of 10 July 2001 on mobility within the Community for students, persons Undergoing training, volunteers, teachers and trainers. More information on transparency is available at: [www.cedefop.eu.int/transparency](http://www.cedefop.eu.int/transparency)  
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## 5. OFFICIAL BASIS OF THE CERTIFICATE

<p><b>Name and status of the body awarding the certificate</b> An Icelandic upper secondary school operating on the basis of the Upper Secondary School Act and the National Curriculum for Upper Secondary Schools, issued by the Minister of Education, Science and Culture.</p>	<p><b>Name and position of governing body or region that looks after certifying or confirming the certificate</b> The Ministry of Education, Science and Culture</p>
<p><b>Level of the certificate (national or international)</b> Upper secondary school level Isced 3 Icelandic Qualifications Framework (ISQF) Level 3 – EQF Level 4</p>	<p><b>Grading scale / Pass requirements</b> 1-10 Passing grade 5.</p>
<p><b>Examples of further educational opportunities</b> Additional studies for matriculation</p>	<p><b>International agreements</b></p>
<p><b>Legal basis</b> The Upper Secondary School Act no. 92/2008. Act no. 34/2012 on health sector personnel. Regulation no. 2020/2012 on the rights, education and duty of diet cooks.</p>	

## 6. FRAMEWORK AND ORGANISATION OF TRAINING

<p>The average duration of the education and training programme is three years, organised as follows; formal education for three school terms, or 54 weeks including examinations, followed by 80 weeks of on-the-job training.</p> <p><b>Entry requirements</b> To have passed final exams of compulsory education</p> <p><b>Additional information</b> Further information may be found on <a href="http://eng.menntamalaraduneyti.is">http://eng.menntamalaraduneyti.is</a></p> <p><b>National reference point</b> The Ministry of Education, Science and Culture, <a href="http://eng.menntamalaraduneyti.is">http://eng.menntamalaraduneyti.is</a></p>
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