

Practical Health & Food Technology

This course focuses on health and the nutritional properties of food, as well as raising awareness of a balanced diet and special dietary needs. This course will have a focus on food hygiene as well as developing research techniques and presentation skills.

The units covered in this course are:

Scotland's Larder | Food Product Development | Food Science | Consumer Choices

Skills for Life, Learning and Work:

The course will support health and well-being by encouraging creativity, flexibility and adaptability; enthusiasm and a willingness to learn; perseverance, independence and resilience; responsibility and reliability; confidence and enterprise.

The course will develop:

Responsible citizens who actively participate in the work of the class, develop awareness of issues affecting society, and take on organisational tasks.

Effective contributors who share their views with others and support their peers whenever appropriate.

The course also develops a range of skills for learning, skills for life and skills for work which include:

Literacy – Listening, talking and presenting. Numeracy - time management and measurement

Health and Wellbeing – emotional and physical wellbeing. Thinking Skills with applying, analysing and evaluating.

Next Steps: Progression onto National 3, 4 and 5 Health and Food Technology

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Course Descriptor: This course is ideal for pupils who have an interest in food, nutrition and health. It involves a combination of practical and theory-based learning. Pupils will learn about the food product development process and be involved in developing, making and evaluating their own recipes. As part of this topic, they will learn about food science, including the functional properties of ingredients used in cookery. As well as a range of stages in the food product development process, including marketing. This may appeal to pupils with an interest in science or business. This may appeal to pupils interesting in physical education or health and wellbeing.

N5 Assessment Details: The assessment for National 5 HFT involves a food product development assignment worth 50% of the course award and a 1 hour 50 min question paper making up the other 50%.

Higher Assessment Details: The assessment for Higher HFT involves a food product development assignment worth 50% of the course award and a 2-hour question paper which makes up the other 50%.

Advanced Higher Assessment Details: The assessment for Advanced Higher HFT involves an assignment based on a topic of the pupil's choice worth 60% of the course award and a 2-hour 30 min question which makes up the other 40%.

**Senior
Phase**

Find out more about this qualification on the [Scottish Qualification Authority](https://www.sqa.gov.uk/) website.