



Tynecastle High School  
Design Faculty  
Health and Food Technology



Top Tips to support your child to be successful in National 4/ National 5 Health and Food Technology

**Useful websites:**

- BBC Bitesize National 5 Health and Food Technology has numerous clips relating to each unit
- <http://www.brightredbooks.net/subjects/n5hft> is the Bright Red Books digital zone which has video clips and revision questions for each unit
- <http://www.foodafactoflife.org.uk/> This site has information on all aspects of the course and also has a section called Explore Food which can be used as an online nutrition calculator for meals and recipes and can show their relation to a healthy diet.

**Supported Study**

- Held every Wednesday after school in room G012. A chance to get extra help with any area of the course or home learning tasks. Towards exam times these sessions will focus on revision strategies and examination technique.
- Teachers of the subject are available every lunchtime in the Home Economics department to give help with any area of the course.
- Easter holiday programme – help with Higher assignments and revision.
- During exam leave there will be revision masterclasses to enable students to revise key areas of the course and practice exam technique.

**Examination Technique**

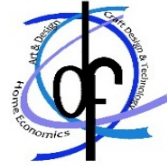
- Students should learn the various command words which are used in the examination paper. Each one has a differing level of information required and there are techniques/ formulae which can be used to help students access more of the marks.

**Assessment type and frequency**

- There are 3 units of study. Each unit contains 3 – 4 Key Areas that are internally assessed. Students must achieve 100% in each unit assessment to pass the course.
- N4 students must complete an internally marked Added Value Unit.
- N5 students must complete an externally marked Assignment which must be submitted to SQA on 22 March 2016. This assignment is worth 50% of the final grade
- N5 - There will be a prelim in January 2016.
- The exam is on Thursday 2 June 2016 and is externally marked.



Tynecastle High School  
Design Faculty Health and  
Food Technology



Top Tips to support your child to be successful in Higher HFT

**Useful websites:**

- BBC Bitesize Higher Health and Food Technology has numerous clips relating to each unit
- <http://www.foodafactoflife.org.uk/> This site has information on all aspects of the course and also has a section called Explore Food which can be used as an online nutrition calculator
- [www.nutrition.org.uk](http://www.nutrition.org.uk) – this site run by the British Nutrition Foundation has particularly good sections on Healthy Living and Nutrition Science (including diet through different life stages) which contain all the essential knowledge needed for the Food for Health unit.
- <http://www.foodstandards.gov.scot/> excellent source of information on food labelling, hygiene laws and consumer issues – covers mandatory information required for both Contemporary Food Issues and Food Product Development.

**Supported Study**

- Held every Tuesday after school in room G012. A chance to get extra help with any area of the course or home learning tasks. Towards exam times these sessions will focus on revision strategies and examination technique.
- Teachers of the subject are available every lunchtime in the Home Economics department to give help with any area of the course.
- Easter holiday programme – help with Higher assignments and revision.
- During exam leave there will be revision masterclasses to enable students to revise key areas of the course and practice exam technique.

**Examination Technique**

- Students should learn the various command words which are used in the examination paper. Each one has a differing level of information required and there are techniques/ formulae which can be used to help students access more of the marks. At Higher level, it is extremely important that students are familiar with the evaluating technique – F.O.C.

**Assessment type and frequency**

- There are 3 units of study. Each unit contains 3 – 4 Key Areas that are internally assessed. Students must achieve 100% in each unit assessment to pass the course. Prelim is in January 2016.
- Students must complete an externally marked Assignment which must be submitted to SQA on 27 April 2016. This assignment is worth 50% of the final grade
- The final exam is on Thursday 2 June 2016 and is externally marked.