

Curricular Area: Design **Course Title:** Health and Food Technology National 4/5

Course Description

This course has a focus on health and the nutritional properties of food as well as developing safe, hygienic, informed practices in food preparation. It raises awareness of the importance of a balanced diet and healthy lifestyle.

Students will develop the skills and knowledge required to become informed food consumers as well as opportunities to gain skills for learning, life and work. The course uses an experiential, practical and problem solving approach to learning and to develop knowledge and understanding and practical skills. The course uses real life situations taking account of local, cultural and media influences and technological innovations.

There are 3 mandatory units at National 4, 5 levels

- Food for Health
- Food Product Development
- Contemporary food issues

Assessment

At National 4 level there is an added value unit comprising a product development exercise set by the SQA

At National 5 level there is an assignment in which the student will develop food products to a given brief it will be marked externally by the SQA. There is also an examination paper which is worth 50% of the final mark.

Home Study Expectations

Home study may be issued weekly or fortnightly depending on the demands of the task. Tasks will often include working on planning activities

Possible next level of study

Higher/Advanced Higher Health and Food Technology

Possible Career Paths

Food Technologist, Health professional- dietician, nurse dentistry, Education, Hospitality, Consumer Advisor.