



# Course Choice Information – Health & Food Technology - Higher

## Course Information & Content

The course has five broad and inter-related aims that enable learners to:

- analyse the relationships between health, nutrition and food
- develop and apply skills, knowledge and understanding related to the functional properties of food
- investigate contemporary issues affecting food and consumer choice
- use research, management and technological skills to plan, make and evaluate food products for a range of dietary and lifestyle needs
- prepare food using safe and hygienic practices to meet specific needs

The study of Higher Health and Food Technology allows learners to focus on the physical, chemical, nutritional, biological and sensory properties of food, and on ways in which these properties can be manipulated when manufacturers design and make food products. Some focus is also placed on food preparation for immediate consumption, where consumers' cultural, social and nutritional needs and economic status are known.

As with N5, there are three mandatory topics in this Course:

Food for Health

Food Product Development

Contemporary Food Issues

There will be a charge of £15 towards the cost of ingredients. This may be paid in instalments via Parent Pay

## Assessment

Pupils will be assessed externally.

Course Assignment Task worth 60 marks (completed in school and sent to SQA for marking - 50% of final grade)

2hour exam worth 60 marks (50% of final grade)

## Homework

Homework will be set on a regular basis and may include completion of classwork or of past papers.

When cooking, pupils should arrive to class with an appropriate container to transport food home safely.

## Progression

Adv Higher HFT |University Course in Nutrition

## Career Options

Nutritionist |Nurse/Doctor |Dietitian |Personal Trainer |HE Teacher |PE Teacher |Science Teacher  
Food Product Developer |Food Technologist [Further Information - SQA](#)

