



Course Choice Information – Health & Food Technology – National 5

Course Information & Content

The Course has six broad and inter-related aims which allow learners to:

- develop knowledge and understanding of the relationships between health, food and nutrition
- develop knowledge and understanding of the functional properties of food
- make informed food and consumer choices
- develop the skills to apply their knowledge in practical contexts
- develop organisational and technological skills to make food products
- develop and apply safe and hygienic practices in practical food preparation

There are three mandatory topics in this Course:

Food for Health

- The general aim of this Unit is to develop learners' knowledge and understanding of the relationship between food, health and nutrition.

Food Product Development

- The general aim of this Unit is to allow learners to develop knowledge and understanding of the functional properties of ingredients in food and their use in developing new food products.

Contemporary Food Issues

- The general aim of this Unit is for learners to develop knowledge and understanding of consumer food choices.

There will be a charge of £25 towards the cost of ingredients. This may be paid in instalments via ParentPay.

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)

1 hour 50minute 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

Higher HFT |National 4/5 Practical Cookery

Career Options

Nutritionist |Nurse/Doctor |Dietitian |Personal Trainer |HE Teacher |PE Teacher |Science Teacher |
Food Product Developer |Food Technologist

[Further information - SQA](#)

