

# HIGHERS IN A NUTSHELL

The National Parent Forum of Scotland Summary of Higher Health and Food Technology

HEALTH AND  
FOOD TECHNOLOGY  
HEALTH &  
WELLBEING

CfE  
HIGHER

3  
UNITS

**FOOD FOR HEALTH**  
**FOOD PRODUCT DEVELOPMENT**  
**CONTEMPORARY FOOD ISSUES**

+  
COURSE  
ASSESSMENT

**ASSIGNMENT + QUESTION PAPER**



## Skills

Learners will be able to:

- analyse the relationships between health, nutrition and food
- develop and apply understanding and skills 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 to suit a range of dietary and lifestyle needs
- prepare food using safe and hygienic practices to meet specific needs



## Opportunities for Learners

Learners will be able to:

- develop skills and knowledge about the relationships between food, nutrition, diet, health, and contemporary food issues that affect consumer choice
- focus on health, food, lifestyle and consumer issues and develop practical skills useful for employment in health promotion, nutrition research, dietetics, teaching and the food production industry



## Assessment

- To gain Higher Health and Food Technology, learners must pass the three Units and the Course Assessment (Assignment and Question Paper for 100 marks)
- Units are assessed as pass or fail by the school/centre and are quality assured by the SQA. Achievement of Units is recorded on the learner's qualifications certificate
- The SQA has provided examples of Unit assessments that teachers/lecturers can use as they are, or adapt to suit the needs of their learners
- The Course Assessment consists of an Assignment (50 marks) and a Question Paper (exam for 50 marks, see below). Evidence from the Assignment and the Question Paper are marked externally by the SQA
- Higher Health and Food Technology is graded from A to D or as No Award.



**Question Paper** All questions must be answered

1 hours 30 minutes  
50 marks

**Specimen Paper** [www.sqa.org.uk/files\\_ccc/HealthandFoodTechnologySQPH.pdf](http://www.sqa.org.uk/files_ccc/HealthandFoodTechnologySQPH.pdf)

**Assignment**

Learners will research and analyse a food or consumer issues and make a food product(s). There will be four sections: Planning; the Food Product; Product Testing; Evaluation

50 marks



**Progression** Higher courses can stand alone or follow on from National 5 qualifications and may lead to Advanced Highers, the Scottish Baccalaureate and a range of qualifications within Further and Higher Education.



For course information, specimen question papers and past paper guidance visit:

Higher Health and Food Technology: [www.sqa.org.uk/sqa/47899.html](http://www.sqa.org.uk/sqa/47899.html)

Curriculum for Excellence Key Terms and Features Factfile

[www.educationscotland.gov.uk/Images/CfEFactfileOverview\\_tcm4-665983.pdf](http://www.educationscotland.gov.uk/Images/CfEFactfileOverview_tcm4-665983.pdf)

Further Information for Parents and Learners Information on assessment, skills, progression, revision resources and summaries of National Qualifications

[www.parentforumscotland.org](http://www.parentforumscotland.org)



the National Parent  
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