

# Health and Food Technology

## HEALTH & WELLBEING



### Content

Practical, experiential learning in relevant contexts encourages learners to develop thinking and practical skills.



### 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

- The course will be assessed through a question paper (exam) and an assignment, which will be marked by SQA and graded A to D.
- The question paper makes up 50% of the total assessment mark and assesses learners' ability to integrate and apply skills, knowledge and understanding from across the course.
- The assignment makes up 50% of the total assessment mark. Learners use skills to research and analyse information regarding a food or consumer issue, and make a food product(s).



**Question Paper** All questions must be answered

60 marks / 2 hours

**Specimen Paper** [www.sqa.org.uk/pastpapers/findpastpaper.htm](http://www.sqa.org.uk/pastpapers/findpastpaper.htm)

**Assignment**

Four sections: planning; the product; product testing; evaluation.  
Each section must be completed before moving on to the next.

60 marks

The evaluation section must be written up under timed conditions (1 hour). Evidence (i.e. the learner's workbook) is submitted to SQA for external marking.



**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

Education Scotland: <https://education.gov.scot/nationalqualifications>

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 Forum of Scotland

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

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