

## Study guide for parents on Health and Food Technology N4, 5 & Higher



omega 3 fatty acids reduce cholesterol

### Suggested textbooks:-

Bright Red Study guide N5 Health and Food Technology

Leckie and Leckie National 4 &5 Health and Food Technology course notes 4 &5

Leckie and Leckie National 4 &5 Health and Food Technology success guide 4 &5

### Course content

N4 HFT involves working through 3 unit assessments, all of which have a practical exam. There is also the AVU which is a practical project to complete. There is no final written exam currently at N4.

Both N5 and Higher consist of 2 elements:

1. 50% practical project completed before Easter holidays.
2. 50% written exam .Exam technique, one of the hardest techniques to gain full marks in is evaluative.DRV evaluation style of answers are part of N5 and Higher, by applying a formula to this type of question, it is easier to gain more marks when applied correctly.

### DRV example and how to answer for the exam

Q1.Analyse the diet of a 5 year old boy who is gaining weight and does little exercise

Estimated average Requirements.

Energy (MJ)	Protein (g)	Vit C (mg)	Calcium (mg)	Vit A (ug)	Folate (mg)
Actual requirement 9.2	24.8	32	500	400	120
Diet eaten in a day 11.25	29.3	55	850	300	100

1. Underline Key points –who is the DRV about?
2. Compare both tables and put an arrow  $\uparrow$  up or down  $\downarrow$  on the person's DRV intake for the day.
3. Look at marking instructions, if only need to answer 4 , select the 4 nutrients you know the most about, so you can talk about dietary diseases & suitable /not suitable foods.
4. Select the first nutrient e.g., : ENERGY (MJ)

### Use O.F and C formula

**Opinion =O , Is the nutrient intake suitable or not? Add in a comment about his/her diet.**

- The 4-6 year old's intake of *energy rich foods is too high 11.25 instead of 9.2 mg, this is not suitable.*

**Fact = F, what does he need the nutrient for ?**

- *He requires some energy rich foods for physical activity.*

**Consequence =C, based on his diet. What will happen if this continues?**

- *If he continues to over eat in energy rich foods , he will become obese ,*
- *A second mark is gained by adding in another disease, leading to type 2 diabetes.*

( Note higher DRV's at this stage expect the student to be able to identify a food which contributes to the nutrient in question.)

*Tips – use the paper to underline key words, write down dietary goals, diseases to help plan your answer before you begin writing.*

Suggested resources to enhance learning -

- [BBC resources for National 4 Health and Food Technology](#)
- [BBC resources for National 5 Health and Food Technology](#)
- [Education Scotland - Advice and support for Health and Food Technology National Qualifications](#)
- [British Nutrition foundationhttps://www.nutrition.org.uk/](https://www.nutrition.org.uk/) (this is useful for food and science, detailed nutritional information and topical information)

