



# Health & Food Technology

N5

National 5 Health and Food Technology focuses on health, the influence of food and its nutritional properties, the dietary needs of individuals, and applying safe, hygienic and informed practices in food preparation. The course also addresses contemporary issues affecting food and nutrition, including ethical and moral considerations, sustainability of sources, food production and development and their effects on consumer choices.

## Topics Covered

- Food for Health
- Food Product Development
- Contemporary Food Issues

## Skills Gained

- Creativity
- Confidence
- Critical Thinking & Evaluation
- Independence
- Self Management
- Resilience
- Food Safety & Hygiene Practices
- Problem Solving
- Data Interpretation (Dietary data, food labels etc.)
- Communication and Presentation skills
- Teamwork Skills
- Collaboration

## Assessment Breakdown

Overall Marks - 120

Exam - **60** mark question paper  
(50% of overall grade)

Assignment - **60** marks  
(50% of overall grade)

## Progression & Possible Career Paths

### Progression:

- Higher Health & Food Technology
- Advanced Higher Health & Food Technology
- Associated college and university courses (Glasgow Caledonian accepts subject as a science)

### Possible Career Paths:

- Fitness / Sport
- Nursing / Midwife / Health Visitor
- Doctor / Dentist
- Care sector
- Food Product Development
- Marketing and Business pathways
- Food/Trading Standards
- Environmental Health
- Education

## Entry Requirements and advice

Comprehensive English / Literacy at the equivalent level. Previous study of Health & Food or Practical Cookery. Candidates do not need a specific level of practical food skills but experience is helpful. Candidates should have a genuine interest in food and want to take part in practical food activities to help underpin the course essential knowledge and skills. Candidates are required to complete a design and make task as part of the course assignment. Candidates should be prepared to complete work for this in their own time including carrying out market research and analysing the results to generate a new food product.

