

## Home Economics

### **Broad General Education**

This course introduces pupils to practical life skills including cooking, nutrition, sewing, and food safety. Pupils learn how to prepare simple dishes and develop basic textile skills, alongside an understanding of healthy eating and budgeting. The course also explores consumer awareness and sustainability in food and clothing choices. Assessment is ongoing through practical work, class tasks, and teacher observation rather than a final exam

### **National 5 Health and Food technology**

This course focuses on developing practical cookery skills and knowledge of nutrition and health. Pupils learn about dietary needs, food preparation techniques, and consumer awareness. The course combines practical cooking with theory on food choice, safety, and current food issues. Assessment includes a practical activity assignment and a written exam.

### **Higher Health and Food Technology**

This course develops knowledge of nutrition, health, and food product development. Pupils explore the relationship between diet and health, alongside current food issues and consumer influences. The course includes practical work and a research-based assignment that investigates a food-related issue. Assessment is made up of an assignment and a written exam assessing understanding of health, nutrition, and consumer factors.

[Link to Qualifications Scotland information on Health and Food Technology national courses](#)