

National 2 Food, Health & Wellbeing / National 3 Physical Education



Entry Level:

This course is suitable for any student interested in developing knowledge and life skills relating to developing and preparing healthy food and participating in sport.

Students will gain dual certification in both courses.

Course content & Assessment:

Food, Health and Wellbeing:

This course has three mandatory units:

Food Preparation (National 2). The aim of this Unit is to enable learners to develop skills and knowledge in food preparation. It is also intended to provide a context for the development of knowledge about health and nutrition, and safe and hygienic practices.

Food for Health (National 2). The aim of this Unit is to enable learners to develop an understanding of the relationship between food, health and wellbeing. It also provides a context for the development of knowledge about safe and hygienic practices in the storage, preparation and cooking of food.

Independent Living Skills (National 2). The aim of this Unit is to support learners to develop a range of practical skills to support independent living in the home or in a supported environment. Examples of practical activities may include shopping, using a washing machine, using a dishwasher, general cleaning, setting a table, or organising the storage of foods in a fridge within a school/centre.

To achieve the National 2 Food, Health and Wellbeing Course, learners must pass all of the required Units.

Physical Education:

This course has two mandatory units:

Performance Skills (National 3). The aim of this Unit is to provide learners with the opportunity to develop and safely demonstrate a range of basic movement and performance skills in familiar contexts. It enables learners to experience a range of physical activities that will provide contexts for reinforcing and extending these basic skills. They will also learn how to respond to and meet the physical demands of performance in a safe and effective way.

Factors Impacting on Performance (National 3). The aim of this Unit is to provide learners with the opportunity to explore and raise their awareness of factors that impact on personal performance in physical activities. Learners will (with support) record, monitor and reflect on their own performance

To achieve the National 3 Physical Education Course, learners must pass all of the required Units.