

## National 4 Health & Food Technology



### Entry Level

Students should have completed the S3 Elective Health & Food Technology or Hospitality Course and gained the relevant REHIS qualification for their respective course.

A high level of motivation and self-discipline will be expected. Students will be required to work independently on research and homework tasks.

Students should note that this is a theory -based course with some practical cookery sessions to support learning.

There are 4 units of study within this course:

#### Food for Health (National 4)

The aim of this Unit is to develop knowledge of the relationship between food, health and nutrition. You will develop knowledge of dietary needs of individuals at various stages of life and describe current dietary advice. Through practical activities, the learner will produce food products which meet individual needs.

#### Food Product Development (National 4)

The aim of this Unit is to allow students to develop knowledge and understanding of the functional properties of ingredients in food and their use in developing food products. You will develop a basic understanding of the stages involved in developing a food product. Through problem-solving activities, you will make a food product to meet specified needs. In addition, you will develop and apply a basic knowledge and understanding of safe and hygienic food practices and techniques.

#### Contemporary Food Issues (National 4)

You will develop knowledge of consumer food choices by consider factors which may affect food choices and developing knowledge of contemporary food issues. You will consider technological developments in food and organisations which protect consumer interest and develop knowledge of food labelling and how it helps consumers make informed food choices.

#### Added Value Unit: Health and Food Technology Assignment (National 4)

The final Unit will enable you to provide evidence of added value for the National 4 Health and Food Technology Course through the successful completion of an assignment which will allow you to demonstrate application and challenge.

**Homework**

Homework will be an integral part of this course and students should expect to spend a minimum of 1 hour per week on homework tasks.

**Additional information**

There will be a cost implication associated with this course to cover the cost of ingredients. Any student who feels this may be prohibitive should speak to Mrs Williams or Mr Noon.

**FURTHER DETAILS**

Full details of the course specification can be found online <http://www.sqa.org.uk>. or by emailing [kirstywilliams@glow.sch.uk](mailto:kirstywilliams@glow.sch.uk)

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### Course Content

This course will allow students to develop and apply practical and technological skills, knowledge and understanding to make informed food and consumer choices.

The course has five broad and inter-related aims which allow students to:

- ◆ develop knowledge and understanding of the relationships between health, food and nutrition
- ◆ develop knowledge and understanding of the functional properties of food.
- ◆ make informed food and consumer choices.
- ◆ develop the skills to apply their knowledge in practical contexts.
- ◆ develop practical food preparation skills.

The course uses a practical and problem-solving approach to learning, which develops knowledge and understanding, and practical skills.

### Assessment

There are two components within the final assessment:

#### Written Examination (50% of final mark)

There are six questions, each worth 10 marks. Course content and skills are sampled across questions.

Assignment (50% of final mark)

The assignment tests a student's ability to carry out a food product development task around a given design brief. There are four sections to this task:

**Planning** -This involves identifying key issues within the given brief, investigating these issues, generating solutions based on the information gained from student research.

**Product**- Creating a product, providing information about the product, based on the results of research and linked to the needs of the brief.

**Product Testing**- conducting sensory testing.

**Evaluation** - evaluating the food product based on the results of investigations, sensory testing and suitability for the brief and target group.

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Additional information

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