

# N2/3 FOOD HEALTH & WELLBEING AND PE

This is a combined award offered jointly by the Health & Lifeskills and Physical Education teams.

## **National 2 Food, Health & Wellbeing**

The purpose of the Course is to enable learners to understand the relationship between food, health and wellbeing, to develop the knowledge and practical skills required to produce healthy dishes, and to provide opportunities for learners to develop practical skills required to support independent living.

### **The aims of the Course are to enable learners to:**

- ◆ prepare healthy, basic dishes
- ◆ make informed food and lifestyle choices
- ◆ develop safe and hygienic practices in the storage, preparation and cooking of food
- ◆ develop practical skills to support aspects of independent living in the home or in a supported environment.

Students will have the opportunity to develop generic and transferable skills such as confidence, resilience, independence and responsibility.

The Course contributes to young peoples wider achievement by developing skills in numeracy, language, science, technology, and problem solving. The Course contributes to the personal development of learners by providing opportunities to develop skills and qualities to support independent living, either at home or in a supported environment.

The course comprises three units:

### **Food, Health and Wellbeing: Food Preparation (National 2)**

The general 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, Health and Wellbeing: Food for Health (National 2)**

The general 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.

### **Food, Health and Wellbeing: Independent Living Skills (National 2)**

The general 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.

### **National 3 PE**

This Course is practical and experiential. Its main purpose is to allow learners the opportunity to participate in physical activities and develop their basic movement and performance skills in familiar contexts. In addition, the Course offers the opportunity to increase learners' understanding of the important link between fitness and good health. Learners are encouraged to demonstrate initiative, decision-making and problem solving by participating in, and reflecting on these activities.

Throughout the course young people will be encouraged to:

- ◆ participate in physical activities
- ◆ develop the ability to safely perform a range of basic movement and performance skills in familiar contexts
- ◆ develop an awareness of factors impacting on performance
- ◆ develop approaches to enhance personal performance
- ◆ monitor, record and reflect on performance during physical activities.

The Course has two mandatory Units:

**Physical Education: Performance Skills (National 3)**

The general 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.

### **Physical Education: Factors Impacting on Performance (National 3)**

The general 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.