

Health and Food Technology: NATIONAL 5

Why Health and Food Technology?

The purpose of this Course is to allow learners to develop and apply practical and technological skills, knowledge and understanding to make informed food and consumer choices.

The Course has six broad and inter-related aims which allow learners 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 organisational and technological skills to make food products
- ◆ develop and apply safe and hygienic practices in practical food preparation

Course outline

Course title: National 5 Health and Food Technology

SCQF: level 5 (24 SCQF credit points)

There are three mandatory Units in this Course.

Health and Food Technology: Food for Health (National 5)

The general aim of this unit is to develop learners' knowledge and understanding of the relationship between food, health and nutrition. Learners will also develop knowledge and understanding of dietary needs for individuals at various stages of life and explain current dietary advice. Through practical activities, the learner will produce and reflect on food products which meet individual needs.

Health and Food Technology: Food Product Development (National 5)

The general aim of this unit is to allow learners to develop knowledge and understanding of the functional properties of ingredients in food and their use in developing new food products. Learners will develop an understanding of the stages involved in developing food products and, through a problem-solving approach, produce a food product to meet specified needs. Learners will also develop and apply knowledge and understanding of safe and hygienic food practices.

Health and Food Technology: Contemporary Food Issues (National 5)

The general aim of this unit is for learners to develop knowledge and understanding of consumer food choices. They will explore factors which may affect food choices and develop

knowledge and understanding of contemporary food issues. They will consider technological developments in food and organisations which protect consumer interests. They will also develop knowledge and understanding of food labelling and how it helps consumers make informed food choices. Learners will apply knowledge and skills in practical contexts.

Recommended entry

Entry to this Course is at the discretion of the centre. However, learners would normally be expected to have attained the skills, knowledge and understanding required by the following or by equivalent qualifications and/or experience:

National 4 Health and Food Technology or relevant component Units

Progression

This Course or its Units may provide progression to:

- ◆ Higher Health and Food Technology Course or relevant component Units
- ◆ other SQA qualifications in health and food technology or related areas
- ◆ further study, employment or training

Assessment

The learner will extend and apply the skills they have learned during the Course. This will be assessed by a performance and portfolio.

The Course assessment must provide evidence of the learner's ability to plan, prepare for, effectively perform and evaluate personal performance in a physical activity. It will also assess the learner's ability to integrate and apply knowledge, understanding and skills from across the Units.

Further advice and information on these options is available from your Subject Teacher, Home Area Principal Teacher and Careers Adviser.