

Health, Food and Textiles Technologies S2 Course Choice

Why Study N5 Health & Food Technology?

Health and Food Technology is a hands-on practical subject that is particularly suitable for those who are interested in cooking, food and health. The course will teach you how to prepare healthy food as part of a balanced diet, and how to make food choices that are good for your health. It helps you to develop important skills such as creative thinking, problem solving, planning and organising.

What will I study?

In this course you will learn about the properties of food in relation to food production, processing and the development of food products. Issues that influence food choices are investigated to allow the consumer to make an informed decision.

★ Three Main Areas of Study ★

1	National 5 Health and Food Technology		
2	Food For Health		
3	Contemporary Food Issues		
3	Food Product Development		
3	Practical Activities		



FOOD FOR HEALTH



♥ Topics covered: the relationship between health, food and nutrition, dietary needs for individuals at various stages of life and explain current dietary advice, and producing and evaluating food products which meet individual needs.

CONTEMPORARY FOOD ISSUES



🍏 You will investigate contemporary food issues, how these issues influence decisions taken by consumers when making food choices, and communicate your findings in an appropriate way.

FOOD PRODUCT DEVELOPMENT



📦 Topics covered: the functional properties of ingredients in food and their use in developing food products, the stages involved in developing a food product, producing food products to meet a range of consumer needs, and the safe and hygienic food practices and techniques.



Careers

The skills that you develop in Health and Food Technology are useful in many different career areas, such as food preparation and service, food and drink manufacturing, food science and technology, dietetics, nutrition, teaching, advertising, medicine and health.



Skill Development

Knowledge and Understanding of the relationship between

Health Food & Nutrition

SCIENCE
Around the functional properties of food

Understanding of global food issues

50%
OF ALL FOOD PRODUCED ON THE PLANET NEVER REACHES ITS INTENDED HUMAN STOMACH.

Analytical skills

Evaluative Skills

EVALUATION

I will be organized
I will be organized
I will be organized
I will be organized
I will be organized

PLANNING

Organisational
Planning
Preparation

Practical Food Skills

Progression in the Senior Phase

Progression in S5/S6

JUSTUS ET TENAX

National 5 Practical Cookery

Higher Health & Food Technology

Advanced Higher Health and Food Technology

How Will I be Assessed?

Course Assessment

The course assessment has two components totalling 120 marks:

- Component 1: question paper - worth 60 marks
- Component 2: assignment - worth 60 marks.

For the assignment, you will work to a brief to develop a food product and will complete your work using a candidate workbook which you will be provided with. The assignment will be set and externally marked by the Scottish Qualification Authority (SQA).

The question paper will be set and marked externally by the SQA.

The grade awarded is based on the total marks achieved across all course assessment components. The course assessment is graded A-D.

PIC•COLLAGE



Any Questions? Please speak to your class teacher

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