



# **HFT/ RMPS AWARDS CEREMONY**

2022

# S4 N5 HEALTH & FOOD TECHNOLOGY

## LOUISE AHOT

## PREGNANT WOMEN

**What essential nutrients do pregnant women need at that stage of life?**

- Calcium:** helps build strong bones + teeth. During pregnancy you need 1,000 mg of calcium daily.  
Sources: milk, cheese, yogurt + sardines
- Iron:** helps red blood cells deliver oxygen to your baby. During pregnancy you need 27 mg daily.  
Sources: lean red meat, dried beans, peas...
- Vitamin A:** needed for healthy skin, eyesight + bone growth. During pregnancy you need 770 mg.  
Sources: carrots, leafy green veg...
- Folic acid:** important for production of blood + protein, reduces risk of neural tube defect (a birth defect of the brain + spinal cord). You must get a minimum of 400 micrograms daily before pregnancy and 600 micrograms recommended for during pregnancy by doctors.  
Sources: leafy veg, orange juice, lentils, nuts, beans...

**RECIPES HIGH IN FOLIC ACIDS:**

- salmon, spinach, avocado + asparagus salad
- black bean soup
- banana pancakes

**Are there any nutrients pregnant women should avoid?**

- caffeine
- alcohol ~ can lead to long-term harm to your baby. The safest approach is to completely cut out alcohol from diet.
- raw or partially cooked eggs ~ as you would be more likely to catch salmonella, which could give food poisoning + could harm baby.
- raw or undercooked meat ~ this is because it increases chance of  **toxoplasmosis**, which can harm unborn baby.
- liver + other high vitamin A foods ~ as high amounts of Vitamin A can harm baby.
- certain cheeses (mould ripened cheese, blue cheese) ~ could contain **listeria**. Can result in miscarriage

## THE ELDERLY

**Essential nutrients needed at this stage of life**

- calcium + vitamin D - to help maintain bone health.  
SOURCES ~ fortified cereals, dark green leafy veg, salmon...
- Vitamin C - helps to fight infections  
SOURCES ~ orange juice (a glass of this is the recommended amount), an orange, grapefruit...
- Fluids - the elderly are particularly at risk of dehydration due to diminished ability to sense thirst.

**Nutrients needed in smaller quantities**

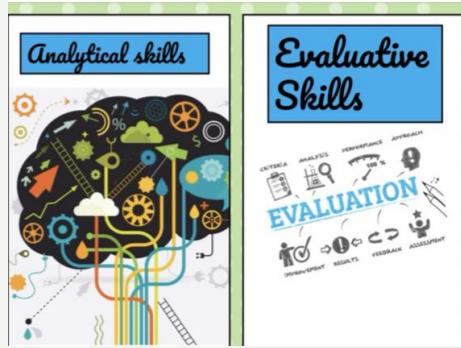
- \* the elderly need fewer calories since they tend to move, exercise less + carry less muscle. Continuing to eat the same amount of calories will result in the gaining of weight.

**factors which may affect food eaten by the elderly**

- **lack of motivation** ~ this is because the elderly may lack motivation to make nutritious meals + end up eating easily prepared unhealthy foods.
- **taste loss (salt)** ~ this results in the elderly adding more than the recommended amount of salt to their meal, raising blood pressure and risk of heart disease + stroke.
- **diminished ability to sense thirst** ~ this particularly affects those of very advanced age or illness, causing dehydration.

# HIGHER HEALTH & FOOD TECHNOLOGY

## HOLLY LUMSDEN



# ADVANCED HIGHER HEALTH & FOOD TECHNOLOGY: WENDY DA SILVA

## Advanced Higher

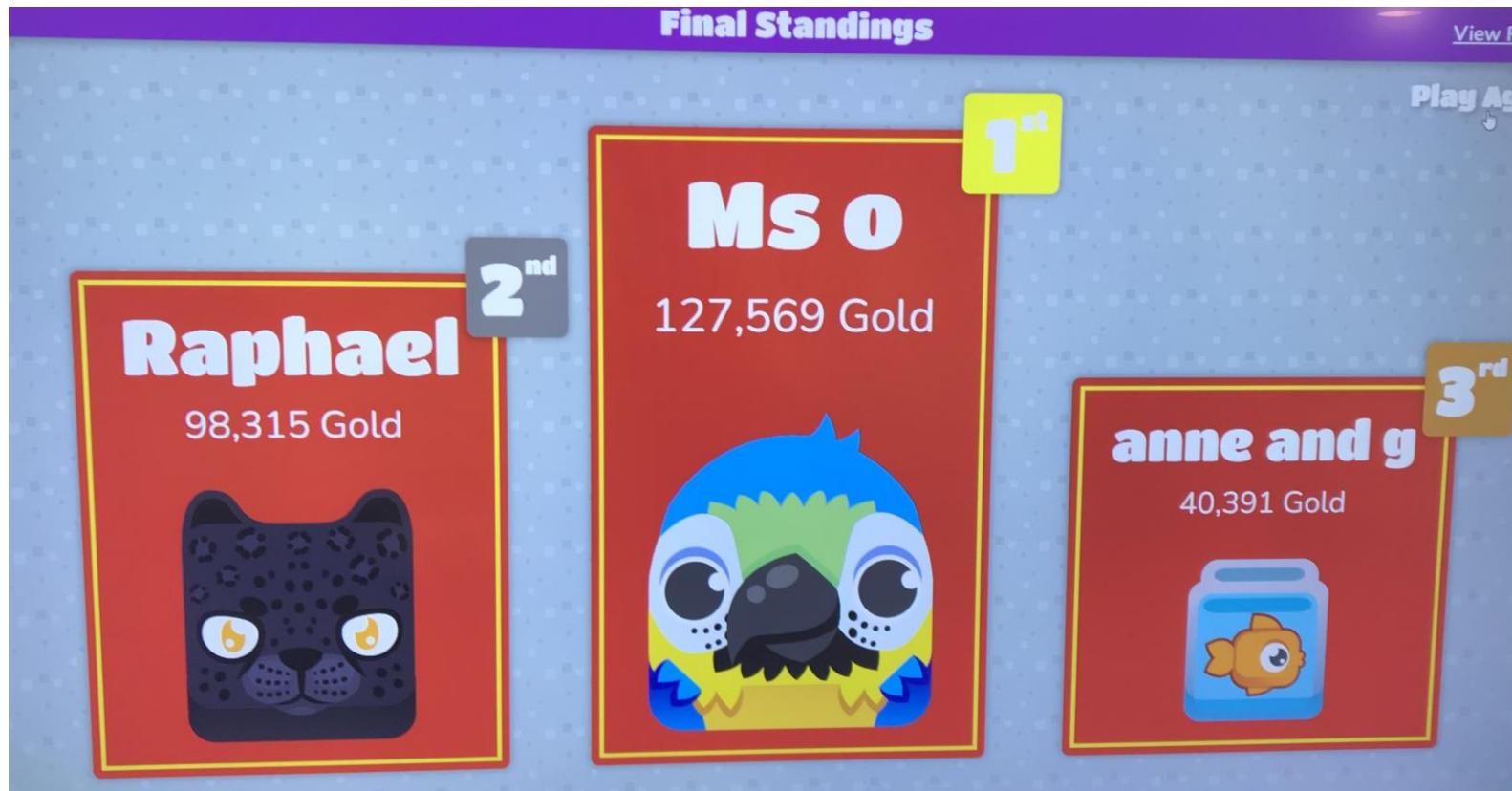
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Food Technology can progress up to Higher ( recognized as a science at some Universities ) then to AH ★★

"AH HFT offers a lot of independence and freedom in both your project and the content you learn in the buildup to your exam. If you're continuing from Higher, it's a great opportunity to build on your knowledge while making the assignment completely your own as you take on an exciting project related to a food issue you find most interesting. There is a wide range of knowledge to gain as you learn about nutrition in relation to your own life and others in Food For Health; you then see things on a wider-world scale learning about Contemporary Food Issues; and finally, you go behind the scenes to learn about the process behind food in Food Product Development. In AH HFT, you're able to work at your own pace and set deadlines that suit you, and although there is a strong emphasis on self-study, your teachers are always happy to help!"



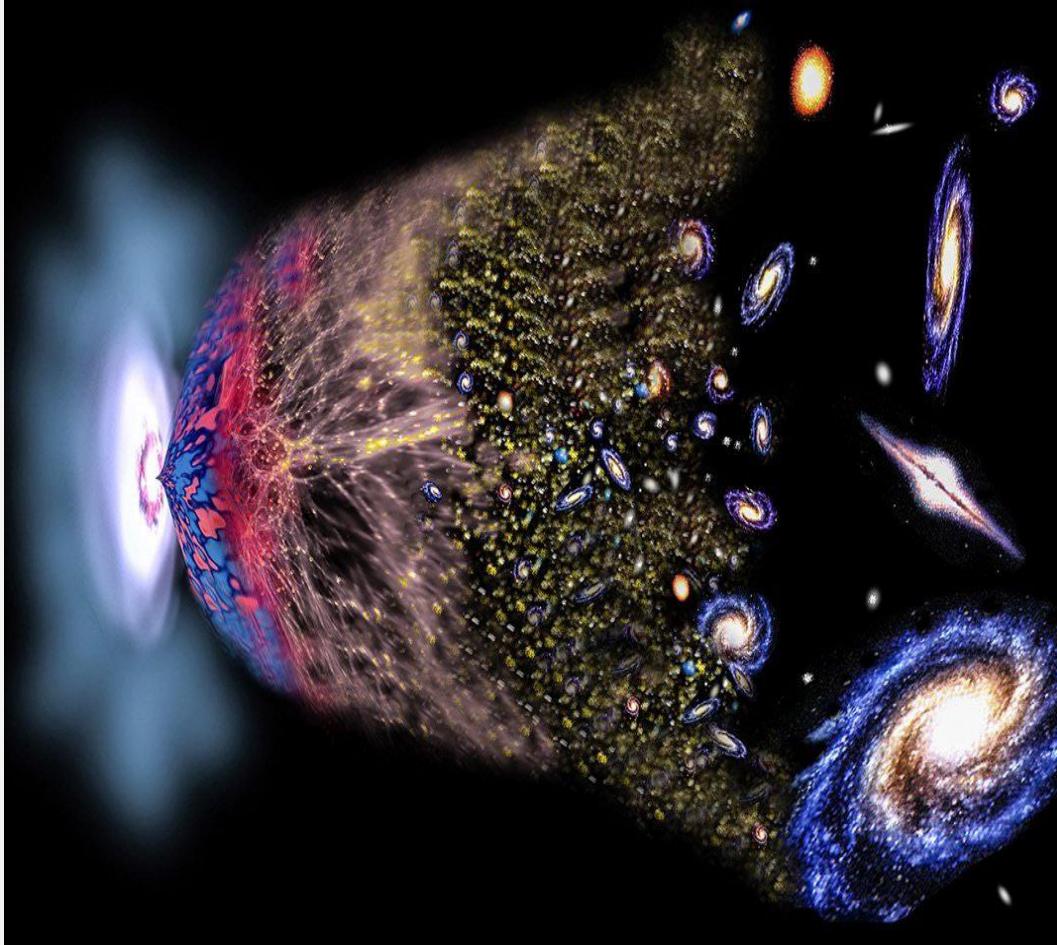
Wendy is studying to be a doctor, her thoughts on AH ❤️



S4 N5 RMPS : RAPHAEL UDDIN

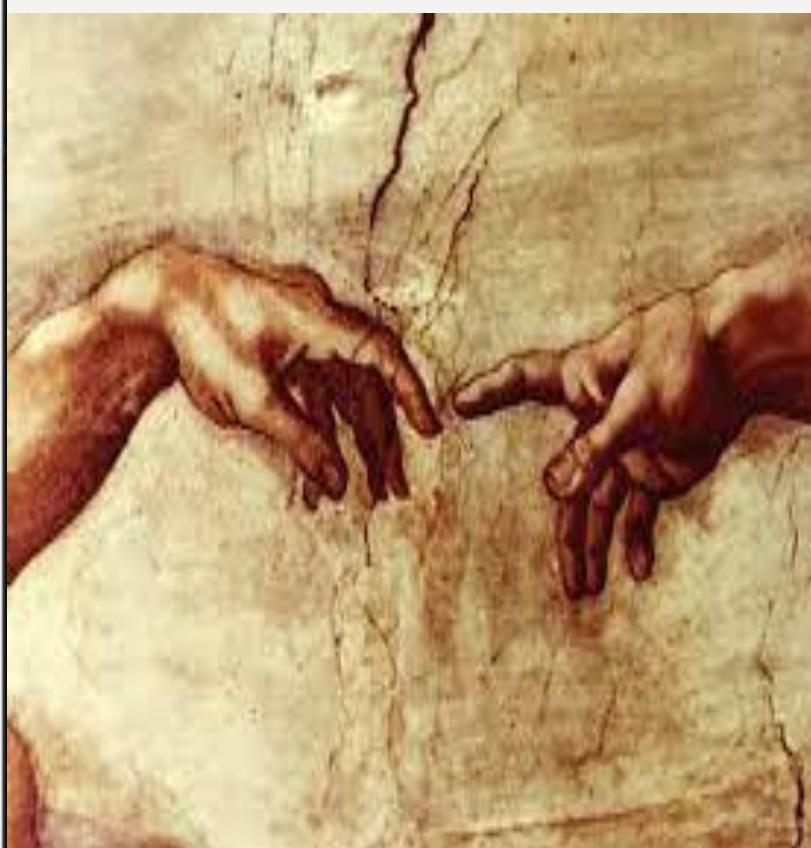
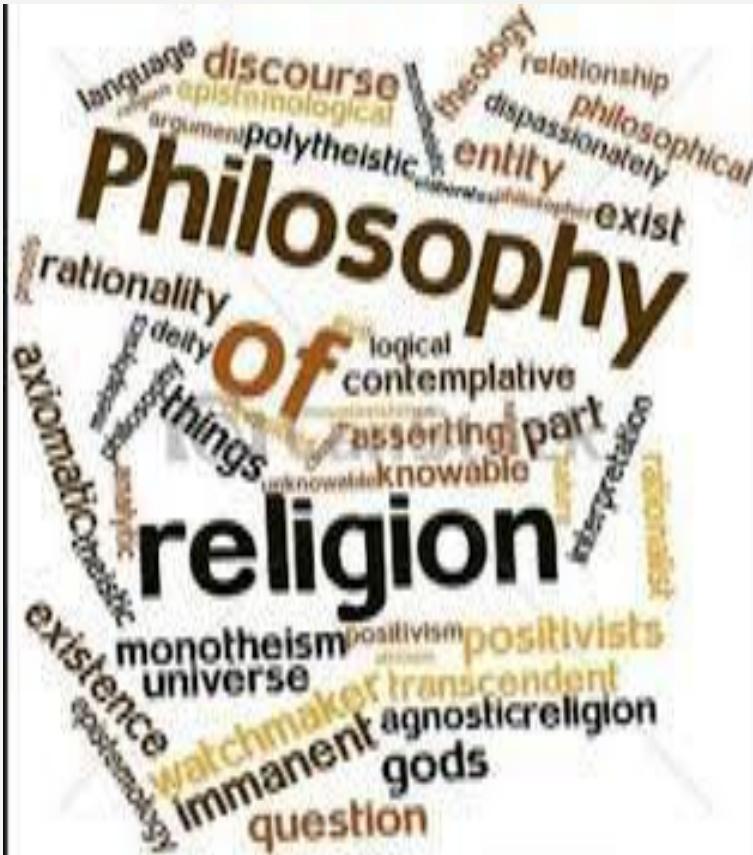
# HIGHER RMPS

# LYRA BARBER



# ADVANCED HIGHER RMPS

# STELLA SRODZINSK



## 4 PILLARS OF MEDICAL ETHICS

THE PILLAR OF  
BENEFICENCE



THE PILLAR OF  
NON-MALEFICENCE



THE PILLAR OF  
AUTONOMY

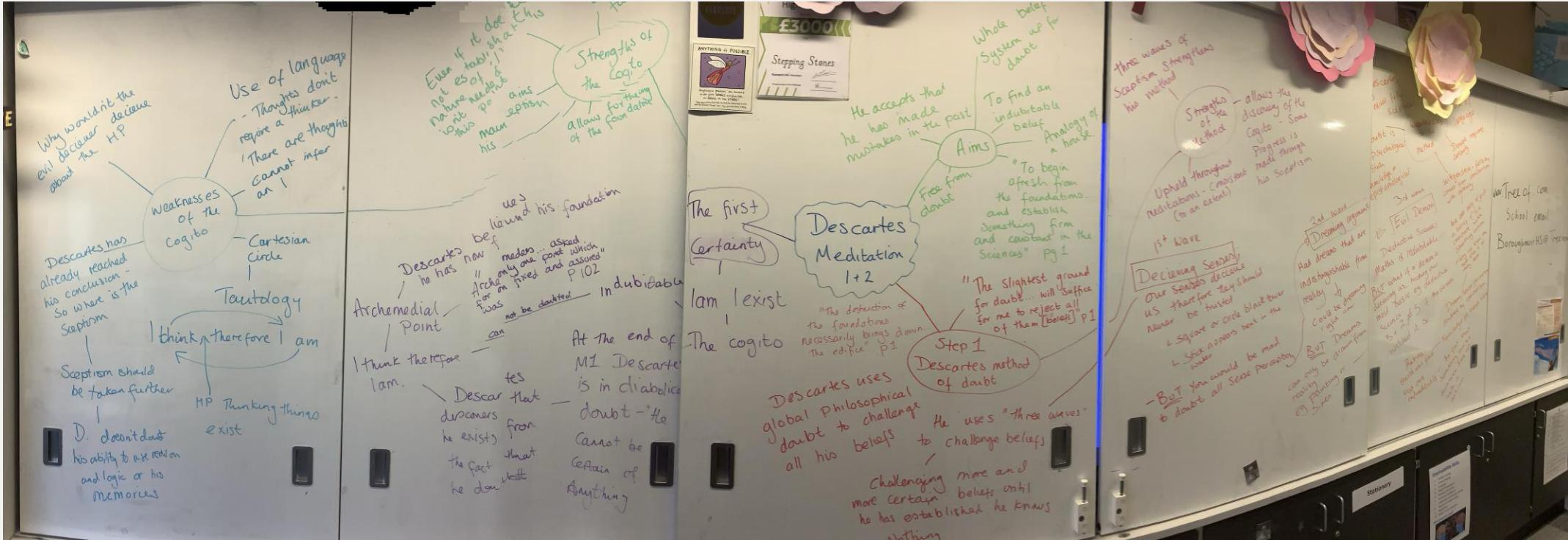


THE PILLAR OF  
JUSTICE



# HIGHER PHILOSOPHY

## MAIRI HUMPHREYS



# N5 PRACTICAL COOKERY S4

•Bethany  
Drummond





# N5 PRACTICAL COOKERY S5

•Isla Wilkie





# N5 PRACTICAL COOKERY S6

•Eve Davie

