

Home Economics



Health and Food Technology National 4/5

Award Received

National 4/National 5 Health and Food Technology

Entry Level: What do I need to do it?

Health and Food Technology will be of particular interest to those who wish to further their career in food and nutrition or the food industry.

Learners are asked to contribute to the cost of practical cookery lessons, which are an essential part of the course. Learners will be given a list of dishes they will be making in advance and will be expected to come prepared for lessons with money and the correct equipment.

Course Content: What will I learn?

- **Food For Health** – this unit looks mainly at nutrition and health. We will also investigate dietary needs of individuals at different stages of life. In Practical Cookery for this unit we will make food products for different individual needs.
- **Food Product Development** – in this unit we look at functional properties of food and the development of new food products for the food industry. The practical cookery in this unit will enable you to use problem solving skills in order to make new dishes.
- **Contemporary Food Issues** – in this unit we look at new developments in the food industry, such as functional foods. Again, this unit will involve practical cookery.
- **Added Value Unit (National 4 Only)** – This is a practical based project which will mostly be carried out within class. The task will be open and flexible to allow for personalisation and choice.

Teaching Methods: What will I do?

Learners will have 5 periods of the subject per week. This will usually be made up of 2 practical cookery periods and 3 theory periods.

Assessment: How will I be assessed?

National 4 - this is internally assessed

National 5 - The grade awarded is based on the total marks achieved across all course assessment components

Component 1: question paper – 60 marks

The question paper gives learners an opportunity to demonstrate the following knowledge, understanding and skills:

- explaining and evaluating the relationship between health, food and nutrition
- explaining the food product development process
- understanding current consumer issues and how to make informed consumer decisions

Component 2: assignment – 60 marks

This assignment will give learners an opportunity to demonstrate the following knowledge, understanding and skills:

- a range of technological skills related to the production of a food product to meet specified health and/or consumer needs
- research skills
- organisational and management skills
- evaluation skills

Homework.

Homework tasks will vary in nature and will utilise a range of resources. Ensure any homework is completed and delivered on time.

Progression in the Senior Phase.

Learners who achieve a good grade at National 5 may have the opportunity to go on and study Health and Food Technology at Higher level. Others things which we will also consider include;

- Level of study in English
- Effort, behaviour and homework