

# Health and Food Technology

## NATIONAL 4 and NATIONAL 5



The Health & Food Technology course is made up of 3 Units which are assessed throughout the year using a number of assessment tasks. This creates a portfolio which is then assessed.

The units studied are:

### Food For Health

This unit develops pupil's knowledge and understanding of the relationship between food, health and nutrition. They will learn about differing dietary needs for individuals at various stages of life and also current dietary advice. Pupils will also have the opportunity to prepare and cook dishes to meet individual nutritional needs.

### Food Product Development

This unit develops pupil's knowledge and understanding of the functional properties of ingredients in food and their use in developing new food products. Pupils will learn about the stages involved in developing food products and, through a problem solving approach, produce a food product to meet specified needs.

### Contemporary Food Issues

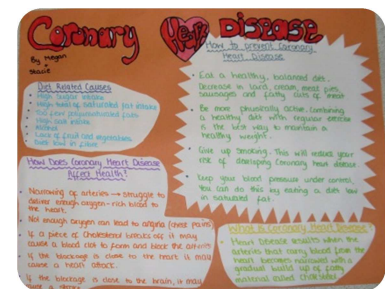
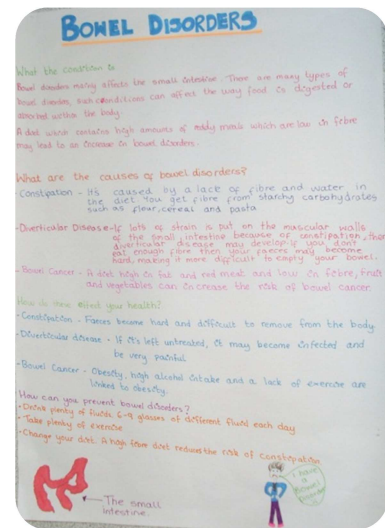
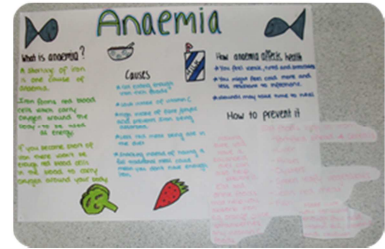
This unit explores factors which may affect food choices and looks at contemporary food issues such as genetically modified and organic foods. They will also develop knowledge and understanding of food labelling and how it helps consumers make informed food choices.

### Assignment/Added Value Unit

In addition to the 3 units National 5 pupils will complete an Assignment and National 4 pupils will complete an Added Value Unit. In both instances pupils are given a design brief that they have to then research and produce a food product to meet the specified needs.

Research activities are an important part of this course and pupils take increasing responsibility for their own learning as they progress through the course. A variety of different learning activities take place throughout the course including; class and group discussions, individual and group research tasks, poster presentations and design and make activities.

The pictures illustrate some of the pupil's work.



Each group chose one diet-related health condition, researched what it was, the causes, how it affects health and how to prevent it. Each group then presented their posters to the class and taught the class about the diet-related health condition.

Pupils were asked to design a new healthy, savoury flan suitable for teenagers. They had to research possible solutions, then make and sensory test their chosen solution.



### **NATIONAL 5 ASSESSMENT:**

There are **two parts** to the National 5 course assessment:

*An **assignment** worth **50 marks**.*

*The **SQA exam** worth **50 marks**.*

Pupils need to **pass all assessments** throughout the 3 units in order for them to be able to sit the final SQA exam.



### **NATIONAL 4 ASSESSMENT:**

Pupils need to **pass all assessments** throughout the 3 units in order for them to get the course award.

Students must also complete an Added Value Unit at National 4.

### **REVISION WEBSITES:**

- **SQA.org.uk** - past papers & specimen papers are available online
- **S-cool.co.uk** - GCSE Food Technology

### **REVISION BOOKS:**

- **2014 Past Paper National 5 Health & Food Technology by Hodder Gibson**
  - Provides exemplar papers for the exam and the 2014 exam paper.

**Pupils pay £16 (2014-15) towards the cost of the materials used in this course.**