Please fill in sheets outlining what subjects/topics activities should be covered/completed by when.
This will inform students on what they need to focus on throughout their study skills period.

Course Title: Health & Food Technology	Level: ADVANCED HIGHER

Month	Work to be covered/Topics/Activities/Assignments
June/July	• Pupils will follow a plan of work for each of the two units – dates for completion of each section will be provided in advance
August	• Dates for Tutorials to discuss progress will be planned • Pupils will be given an overview of the internal assessment requirements and dates for completion of each section will be set
September	
October	• The topic for the externally marked assignment will be decided on before the summer holidays to allow the pupils to begin their literature review. Deadlines for completion of each stage will be negotiated between the pupil and the teacher
November	
December	

January	Prelim preparation
February	
March	ASSIGNMENT: Complete
April	Revision for exam
Study Skills Course **Directory of Support Resources**	

Please fill in details below outlining what support is available for students completing this course. Please include on-line resources, books and details of revision sessions. If appropriate match the resource to the topics in the milestone calendar.

Resources
- SQA.org.uk   - SQA Specimen Paper   - Questions will be available as the course progresses

• Hungry for Success, Eating for Health — meeting the Challenge Healthy Active living • Schools Nutrition Act • Preventing Overweight and Obesity in Scotland: a route map towards Healthy weight • Scotlands food and drink policy
• BrightRED N5 Health & Food Technology (*www.brightredbooks.net/n5hft*)
• www.nutrition.org.uk • Additional web-sites will be provided as appropriate
• Learning and Teaching Scotland: Essential knowledge packs for old Advanced Higher course contains relevant information for sections of this course