

**Study Skills**  
**Course Milestones for Students**

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.

<b>Course Title: Health &amp; Food Technology</b>	<b>Level: National 4/5</b>
---	----------------------------

<b>Month</b>	<b>Work to be covered/Topics/Activities/Assignments</b>
June/July	Food for Health ASSESSMENT: Sections of the unit assessment will be completed this month
August	Food for Health ASSESSMENT: Sections of the unit assessment will be completed this month
September	Finish Food for Health Complete unit assessment Start Food Product Development
October	Food Product Development Introduction to unit assessment
November	Finish Food Product Development - complete unit assessment Start AVU/Assignment Exam technique
December	Start Contemporary Food Issues Continue with AVU/Assignment - pupils will be issued with a timeline for the completion of the assignment Prelim revision/ Exam technique
January	Contemporary Food Issues Prelim revision/ Exam technique Continue with AVU/Assignment

February	Contemporary Food Issues AVU/Assignment - <b>final remediation work</b>
March	<b>AVU/Assignments submitted</b> Contemporary Food Issues ASSESSMENT: Sections of the unit assessment will be completed this month
April	Finish Contemporary Food Issues ASSESSMENT: completed this month Revision
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.

<p>Resources</p> <p><b>Specimen/past papers</b> SQA.org.uk</p> <p>SQA Specimen Paper, 2014-16 Past Paper National 5 Health &amp; Food Technology &amp; Hodder Gibson Model Papers</p> <p>Past papers available in department</p>
<p><b>Revision websites</b></p> <p>Bitesize (BBC.co.uk):</p> <ul style="list-style-type: none"> <li>• GCSE Design &amp; Technology - Food Technology</li> <li>• National 5 Health &amp; Food Technology</li> </ul> <p>S-cool.co.uk - GCSE Food Technology</p> <p>BrightRED N5 Health &amp; Food Technology (<a href="http://www.brightredbooks.net/n5hft">www.brightredbooks.net/n5hft</a>)</p>

## Course notes and revision textbooks available in the department

BrightRED N5 Health & Food Technology

Leckie & Leckie N4&5 Health & food Technology: **Course Notes**

Leckie & Leckie N4&5 Health & food Technology: **Success Guide**

### Study Skills

#### Course Milestones for Students

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: HIGHER**

Month	Work to be covered/Topics/Activities/Assignments
June/July	TOPIC: Food product development ASSESSMENT: Sections of the unit assessment will be completed this month

August	<p>TOPIC: Complete Food product development</p> <p>ASSESSMENT: Complete unit assessment</p> <p>TOPIC: Food for Health</p>
September	<p>TOPIC : Food for Health</p> <p>ASSESSMENT: Sections of the unit assessment will be completed this month</p>
October	<p>TOPIC : Food for Health</p> <p>ASSESSMENT: Sections of the unit assessment will be completed this month</p>
November	<p>TOPIC: Food safety week</p> <p>ASSIGNMENT: Begin</p>
December	<p>ASSIGNMENT: Continue</p>
January	<p>ASSIGNMENT: Investigations complete</p> <p>Prelim preparation</p>
February	<p>ASSIGNMENT: Continue</p> <p>TOPIC: Contemporary Issues</p>
March	<p>ASSIGNMENT: Complete</p> <p>TOPIC: Contemporary Issues</p> <p>ASSESSMENT: Contemporary issues</p>
April	<p>Revision for exam</p>

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

### **Specimen/past papers**

SQA.org.uk

SQA Specimen Paper, 2014 Past Paper National 5 Health & Food Technology & Hodder Gibson Model Papers

Past papers available in department

### **Revision websites**

Bitesize (BBC.co.uk):

- GCSE Design & Technology - Food Technology
- National 5 Health & Food Technology

S-cool.co.uk - GCSE Food Technology

BrightRED N5 Health & Food Technology

([www.brightredbooks.net/n5hft](http://www.brightredbooks.net/n5hft))

### **Course notes and revision textbooks available in the department**

† BrightRED N5 Health & Food Technology

Leckie & Leckie N4&5 Health & food Technology: **Course Notes**

Leckie & Leckie N4&5 Health & food Technology: **Success Guide**

### **Available in the department**

Learning and Teaching Scotland: Essential knowledge packs for old Higher course contains relevant information for sections of this course

**Study Skills**  
**Course Milestones for Students**

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.

<b>Course Title: Health &amp; Food Technology</b>	<b>Level: ADVANCED HIGHER</b>
---	-------------------------------

<b>Month</b>	<b>Work to be covered/Topics/Activities/Assignments</b>
June/July	<ul style="list-style-type: none"> <li>• Pupils will follow a plan of work for each of the two units - dates for completion of each section will be provided in advance</li> <li>• Dates for Tutorials to discuss progress will be planned</li> <li>• Pupils will be given an overview of the internal assessment requirements and dates for completion of each section will be set</li>   <li>• 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</li> </ul>
August	
September	
October	
November	
December	

January	Prelim preparation
February	
March	ASSIGNMENT: Complete
April	
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
<ul style="list-style-type: none"> <li>• SQA.org.uk</li> <li>• SQA Specimen Paper</li> <li>• Questions will be available as the course progresses</li> </ul>
<ul style="list-style-type: none"> <li>• Hungry for Success, Eating for Health – meeting the Challenge Healthy Active living</li> <li>• Schools Nutrition Act</li> <li>• Preventing Overweight and Obesity in Scotland: a route map towards Healthy weight</li> <li>• Scotlands food and drink policy</li> </ul>

- BrightRED N5 Health & Food Technology  
([www.brightredbooks.net/n5hft](http://www.brightredbooks.net/n5hft))

- [www.nutrition.org.uk](http://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

**Study Skills**  
**Course Milestones for Students**

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.

<b>Course Title: Physical Education</b>	<b>Level: HIGHER</b>
---	----------------------

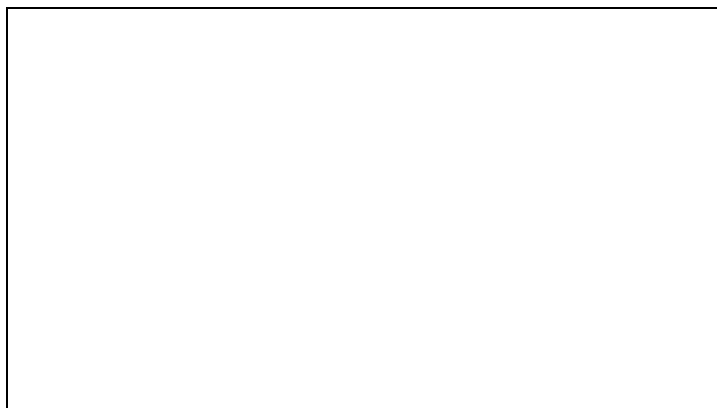
<b>Month</b>	<b>Work to be covered/Topics/Activities/Assignments</b>
June/July	Pupils to complete 1.1, 1.2, and possibly 1.3 Pupils introduced to F.I.P. unit through Football



August	F.I.P. unit - continuation of ASP preparation - 1.3 and 2.1
September	F.I.P. unit - 2.2, 2.3
October	F.I.P. unit - continuation 2.2, 2.3
November And December	F.I.P. completed. Some will continue in January
January	One - off performance preparation Introduction to exam requirements  Prelim
February	Continuation of January Introduction to Scenario based questions
March	Scenario based questions One - off performance date to be arranged
April	Outstanding work to be completed Exam preparation / revision

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
Leckie and Leckie Course book
Handouts
Model answers
Performance booklets
Web
Brianmac
Bright Red books
Education Scotland



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.

<b>Course Title: Physical Education</b>	<b>Level: NATIONAL 4/5</b>
---	----------------------------

<b>Month</b>	<b>Work to be covered/Topics/Activities/Assignments</b>
June/July	Pupils to complete 1.1 section of FIP unit.
August	F.I.P. unit - continuation of sections 1.1, 1.2 and 1.3.
September	F.I.P. unit - strengths and weaknesses identified within performance. Pupils beginning to start training programme.
October	F.I.P. unit - continuation of internal units.
November And December	F.I.P. Aim to be completed. Some will continue in January.
January	One - off performance preparation Introduction to Portfolio

	Mock prelim - prepare for those taking higher next year.
February	Continuation of January  National 4's to begin powerpoint portfolio - group/pair/individual work.  Pupils should be undergoing training programme for Portfolio - monitoring performance.
March	Continue with portfolio work - both N4/5 One - off performance date to be arranged.
April	Outstanding work to be completed
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
FIP unit booklet Performance Booklet Portfolio booklet Leckie and Leckie  Web Brianmac Bright Red books Education Scotland

