**HEALTH AND FOOD TECHNOLOGY HIGHER**

**This course has a £10 fee which is a one off payment on Parentpay.**

**CONTENT**

This course addresses contemporary issues affecting food and nutrition, including ethical and moral considerations, sustainability of sources, food production and development, and their effects on consumer choices. Learners analyse the relationships between health, food and nutrition, and plan, make and evaluate food products to a range of dietary and lifestyle needs. The course covers:

**Food for Health**

The general aim of this Unit is to develop learners’ knowledge, understanding and skills to enable them to analyse the relationship between health, food and nutrition. Learners will also analyse dietary needs for individuals at various stages of life and explain current dietary advice. Through practical activities, the learner will produce and evaluate food products which meet individual needs.

**Food Product Development**

The general aim of this Unit is to allow learners to develop knowledge and understanding of the functional properties of ingredients in food and their use in developing food products. Learners will develop an understanding of the stages involved in developing a food product. Through a problem-solving approach, learners will produce food products to meet a range of consumer needs. They will also apply knowledge and understanding of safe and hygienic food practices and techniques.

**Contemporary Food Issues**

In this Unit, learners will investigate a range of contemporary food issues. They will analyse how these issues influence decisions taken by consumers when making food choices.

**ASSESSMENT**

Pupils will be assessed through a combination of an assignment and a question paper. This question paper will give learners an opportunity to demonstrate the following knowledge, understanding and skills:

* Analysing the relationship between health, food and nutrition
* Understanding the practical application of the functional properties of food
* Analysing a range of contemporary issues influencing food choice

**ENTRY REQUIREMENTS**

To create a smooth progression for learners into this Higher Course, it is recommended that learners have, before starting the Course:

* National 5 Health and Food Technology
* The ability to demonstrate organisational and basic technological skills and work safely and hygienically during food preparation.