**HEALTH AND FOOD TECHNOLOGY NATIONAL 5**

**This is a practical course and as such incurs a course fee of £30 payable on Parentpay.**

**CONTENT**

The course focuses on health and the nutritional properties of food as well as developing safe, hygienic and informed practices in food preparation. It raises learners’ awareness of the importance of a balanced diet and healthy lifestyle. The course also develops learners’ knowledge and skills so they can become informed consumers.

There are 3 main units:

**Health and Food Technology: Food for Health**

This unit develops basic knowledge of health, nutrition, dietary needs and advice, as well as lifestyle choices and their impact on health.

**Health and Food Technology: Food Product Development**

This unit allows learners to participate in practical activities that demonstrate the functional properties of food and its uses.

**Health and Food Technology: Contemporary Food Issues**

This unit allows learners to participate in activities to develop an awareness of current factors affecting food, lifestyle and wider consumer 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:

* Evaluating 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

**HOMEWORK**

Homework is an integral part of the course and pupils will be given a variety of tasks throughout the course. Pupils should expect to spend, on average, one hour per week on Health and Food Technology. In addition pupils will be expected to revise work and regularly practice cooking dishes of increasing complexity at home.

**ENTRY REQUIREMENTS**

* National 4 Health and Food Technology
* By negotiation with the department