National 3 Health and Food Technology (Course Code: C736 73)

SCQF Level 3 (18 Credit Points)

Why study Health and Food Technology?

Health and Food Technology is a hands-on practical subject that is particularly suitable for those who are interested in cooking, food and health. The course will teach you how to prepare healthy food as part of a balanced diet, and how to make food choices that are good for your health. It helps you to develop important skills such as creative thinking, problem solving, planning and organising.

The skills that you develop in Health and Food Technology are useful in many different career areas, such as food preparation and service, food and drink manufacturing, food science and technology and dietetics and nutrition.

Career Pathways

To see what career areas this subject could lead to and the routes to get there, download and view these career pathways:

Animals, Land and Environment

Health and Medicine

Hospitality, Leisure and Tourism

Manufacturing Industries

Science and Maths

Sport

What do I need to get in?

The school or college will decide on the entry requirements for the course. You would normally have achieved:

- **National 2 Food, Health and Wellbeing**

What will I study?

Health and food technology is a practical subject that develops your knowledge of food and cooking skills. You will learn about food, nutrition and dietary needs. You will learn the skills involved in storing, preparing and cooking food safely and hygienically. These skills will help you to make good food choices and have a healthy lifestyle.

The course has **three** compulsory units.

Health and Food Technology: Food for Health (6 SCQF credit points)

In this unit you will:

- learn about the relationship between food, health and nutrition
- develop an understanding of current dietary advice
- learn about people's dietary needs at different stages of life
- develop your practical skills in preparing basic food products for individual needs.

Health and Food Technology: Food Product Development (6 SCQF credit points)

In this unit you will:

- learn about the stages involved in developing food products, and the properties of ingredients
- make a food product to meet different dietary needs
- develop and apply your knowledge of safe and hygienic food.

Health and Food Technology: Contemporary Food Issues (6 SCQF credit points)

In this unit you will:

- learn about the issues that affect our food choices, and organisations which protect consumer interests
- learn about food labelling and how it helps us to make informed food choices
- apply your knowledge and skills in practical ways.

How will I be assessed?

Your work will be assessed by your teacher or tutor on an ongoing basis throughout the course.

Study Materials

What can I go on to next?

If you complete the course successfully, it may lead to:

- **National 4 Health and Food Technology**

Further study, training or employment in:

- Animals, Land and Environment
- Health and Medicine
- Hospitality, Leisure and Tourism
- Manufacturing Industries
- Science and Mathematics
- Sport