# National 4 Health and Food Technology (Course Code: C736 74)

SCQF Level 4 (24 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?

Entry is at the discretion of the school or college. You would normally have achieved:

- **National 3 Health and Food Technology**

## 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 to have a healthy lifestyle.

The course has **three** compulsory units, plus an **added value** unit that assesses your practical skills.

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

In this unit you will:

- develop your knowledge of food, health and nutrition
- develop your confidence in explaining current dietary advice
- increase your understanding of dietary needs for different ages
- develop your practical skills in preparing food products that meet individual needs.

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

In this unit you will:

- develop your knowledge and understanding of the properties of ingredients in food, and how they are used in developing food products
- learn more about the stages involved in developing a food product
- make food products to meet different dietary needs
- develop and apply your knowledge of safe and hygienic food practices and techniques.

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

In this unit you will:

- increase your knowledge of food choices and issues
- learn more about technological developments in food, and organisations which protect consumer interests
- investigate food labelling and how it helps us to make informed food choices
- apply your knowledge and skills in practical ways.

**Added Value Unit: Health and Food Technology Assignment (6 SCQF credit points)**

In this unit you will:

- produce a food product that meets a given brief
- identify suitable food products and ingredients
- make the product in a safe and hygienic manner
- discuss how the product meets the brief.

## How will I be assessed?

You work will be assessed by your teacher on an ongoing basis throughout the course. Items of work might include:

- practical work - such as cooking
- written work - recipes, reports, research
- projects
- class-based exams.

You must pass all units, including the practical assignment, to gain the course qualification.

## Study Materials

BBC Bitesize Health and Food Technology National 4

## What can I go on to next?

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

- **National 5 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