National 5 Health and Food Technology (Course Code: C836 75)

SCQF Level 5 (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 4 Health and Food Technology**

What will I study?

Health and food technology is a practical subject that develops your food knowledge 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 informed food and consumer choices to contribute to a healthy lifestyle.

The course comprises **three** areas of study.

Food for Health

You will:

- develop your knowledge and understanding of the relationship between 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.

Food Product Development

You will:

- expand your knowledge and understanding of the properties of ingredients in food, and how they are used in developing new food products
- increase your understanding of the stages involved 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.

Contemporary Food Issues

You will:

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

How will I be assessed?

Course Assessment

The course assessment has **two** components **totalling 120 marks**:

- Component 1: question paper – worth 60 marks
- Component 2: assignment – worth 60 marks.

For the assignment, you will work to a brief to develop a food product and will complete your work using a candidate workbook which you will be provided with. The assignment will be set and externally marked by the Scottish Qualification Authority (SQA).

The question paper will be set and marked externally by the SQA.

The grade awarded is based on the total marks achieved across all course assessment components.

The course assessment is graded A-D.

Study Materials

- [SQA Past Papers Health and Food Technology National 5](#)
- [SQA Specimen Paper Health and Food Technology National 5](#)
- [SQA Understanding Standards Health and Food Technology](#)
- [BBC Bitesize National 5 Health and Food Technology](#)
- [Ushare Study Resources](#)

What can I go on to next?

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

- **Higher 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