Higher Health and Food Technology (Course Code: C836 76)

SCQF Level 6 (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, but you would normally be expected to have achieved:

- **National 5 Health and Food Technology**

What will I study?

In this course you will learn about the properties of food in relation to food production, processing and the development of food products. Issues that influence food choices are investigated to allow the consumer to make an informed decision.

You will learn to:

- develop and apply knowledge and understanding of the relationship between health, food and nutrition
- research a range of issues which affect consumer choice of food

- develop knowledge and understanding of the stages involved in developing a food product
- develop knowledge and understanding of the functional properties of a range of ingredients in food, and their use in developing food products.

How will I be assessed?

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 component, you will have a choice of briefs, from one of which you will develop a single food product, although the product could have more than one component. The chosen brief will have a minimum of three relevant key issues which could impact on the food product developed.

Both the question paper and the assignment are set and externally marked by the Scottish Qualifications Authority (SQA).

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

The course assessment is graded A-D.

Study Materials

- SQA Past Papers Health and Food Technology Higher
- SQA Specimen Paper Health and Food Technology Higher
- SQA Understanding Standards Health and Food Technology
- BBC Bitesize Health and Food Technology Higher

What can I go on to next?

Successful completion of this course may lead to:

- **other qualifications in related areas**
- **Advanced 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