

## 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.

### 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.

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

#### Food for Health

Topics covered: the relationship between health, food and nutrition, dietary needs for individuals at various stages of life and explain current dietary advice, and producing and evaluating food products which meet individual needs.

#### Food Product Development

Topics covered: the functional properties of ingredients in food and their use in developing food products, the stages involved in developing a food product, producing food products to meet a range of consumer needs, and the safe and hygienic food practices and techniques.

#### Contemporary Food Issues

You will investigate contemporary food issues, how these issues influence decisions taken by consumers when making food choices, and communicate your findings in an appropriate way.

### 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 be required to research and analyse information regarding a food or consumer issue and make a food product. The assignment will be assessed across four sections: planning, the product, product testing and evaluation.

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:

- Hospitality, Leisure and Tourism
- Manufacturing Industries
- Science and Mathematics