

Advanced Higher Health and Food Technology (Course Code: C836 77)

SCQF Level 7 (32 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?

This is at the discretion of the school or college, but you would normally be expected to have attained the skills, knowledge and understanding required by the following courses, or equivalent qualifications and/or experience:

- **Higher Health and Food Technology**

What will I study?

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

Food for Health

You will:

- examine the effects food can have on the health and wellbeing of individuals and society

- develop your ability to evaluate the relationships between health, food, nutrition, and dietary needs and advice, and their impact on health for a wide range of groups at various stages of life
- investigate the dietary and health needs of these groups and apply knowledge and understanding in a range of contexts.

Food Science, Production and Manufacturing

You will:

- develop detailed knowledge and understanding of the underpinning science and functional properties of food and its uses in creating food prototypes
- research and analyse commercial food manufacturing processes and explore trends in food purchasing and consumption.

How will I be assessed?

Course Assessment

The course assessment has **two** components **totalling 110 marks**:

- Component 1 - Question paper (50 marks)
- Component 2 - Project (60 marks).

Component 2 – You will investigate a current food issue using your research skills. The project will have three stages; (1) a project proposal, (2) research and (3) analysis and evaluation.

The question paper will be set and externally marked by SQA. The project component will be marked externally by 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 Advanced Higher](#)

[SQA Specimen Health and Food Technology Advanced Higher Question Paper](#)

What can I go on to next?

Further study, training or employment in:

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