

National 2 Food, Health and Wellbeing (Course Code: C729 72)

SCQF Level 2 (18 Credit Points)

Why study Food, Health and Wellbeing?

This course encourages you to make informed decisions about food, health and wellbeing which will sustain you in future life. On completing the course, you will have developed practical skills required to prepare healthy dishes, to make informed decisions about food for health, and to support independent living.

You may also find this course suitable if you are working towards a qualification in Food, Health and Wellbeing for the first time.

What do I need to get in?

Entry is at the discretion of the school or college.

What will I study?

This course aims to develop skills in: preparing healthy dishes; making informed food and lifestyle choices; developing safe and hygienic practices in the storage, preparation and cooking of food; and developing practical skills to support aspects of independent living.

The course consists of **three** compulsory units.

Food Preparation (6 SCQF credit points)

In this unit you will:

- develop skills and knowledge in food preparation
- learn about about health and nutrition, and safe and hygienic practices.

Food for Health (6 SCQF credit points)

In this unit you will:

- develop an understanding of the relationship between food, health and wellbeing
- learn about safe and hygienic practices in the storage, preparation and cooking of food.

Independent Living Skills (6 SCQF credit points)

In this unit you will :

- develop a range of practical skills to support independent living in the home or in a supported environment
- carry out practical activities such as shopping, using a washing machine, using a dishwasher, general cleaning, setting a table, or organising the storage of foods in a fridge within a school/centre.

How will I be assessed?

You will be given practical work and other tasks to do when your teacher thinks you are ready. Your finished work should be kept in a folder. This is the record you keep of what you have done and how well you are doing.

If you do not pass a task first time you will be able to try again after more practice and help or advice from your teacher.

Your teacher will tell you how you are getting on. You will get the pass marked on your certificate.

You must pass all the required units to get the qualification.

Study Materials

What can I go on to next?

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

- **National 3 Hospitality: Practical Cookery**
- **National 3 Health and Food Technology**

Further study, training or employment in:

- Food and Drink Manufacturing
- Hospitality, Leisure and Tourism