# Health and Food Technology Higher

## What will I study?

There are three areas of study:

**Contemporary Food Issues:** You will learn about consumer food choice and explore factors which may affect food choices.

**Food Product Development:** You will learn about the functional properties of ingredients in food and their use in developing new food products. You will explore the stages involved in developing food products and, through a problem-solving approach, produce food products to meet specified needs.

**Food for Health:** You will look at the relationship between food, health and nutrition. You will also learn about individual dietary needs for people at various stages of life.

## What skills will I develop?

You will learn organisational and technological skills to make food products. You will also develop the skills which will enable you to apply knowledge in practical contexts as well as being able to apply safe and hygienic practices in practical food preparation

Whilst doing the assignment you will learn how to investigate and research a food product. This will involve food testing which will lead to using analytical and evaluative skills to interpret and conclude results.

## How will I be assessed?

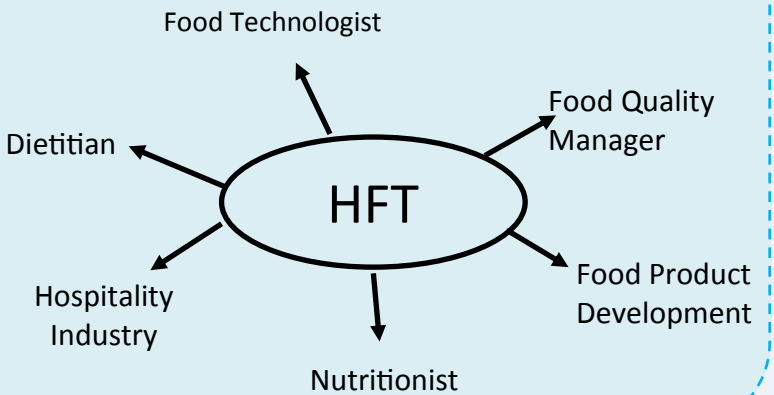
Pupils will complete a technological assignment in school and will also sit a final exam. Both of these are sent away to be marked.

## What help is Higher HFT after school?

HFT will suit those who wish to pursue a career that is related to food, nutrition, diet, health and consumer choice. It gives real life practical experience and develops your ability to work and research independently. The course encourages critical thinking and develops positive attitudes and values towards factors that impact on health, food and consumer choice.

You will also develop practical skills that are transferable to a range of contexts, such as employment in health promotion, nutrition research, dietetics, teaching and the food production industry.

## Possible Careers

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Highers in a Nutshell