

## What will I study?

The Course focuses on health and the nutritional properties of food as well as developing safe, hygienic and informed practices in food preparation. It raises learners' awareness of the importance of a balanced diet and healthy lifestyle. The Course also develops learners' knowledge and skills so they can become informed food consumers.

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 safe and hygienic practices in practical food preparation

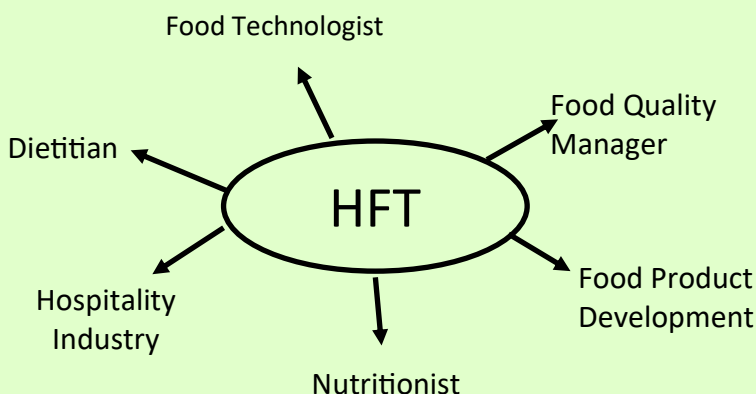
Whilst doing the assignment you will learn how to investigate and research a food product. This will involve food testing which will lead to using analytical and evaluative skills to interpret and conclude results.

## How will I be assessed?

**National 5:** Pupils complete a written assignment in school and sit a final exam. Both of these are sent away to be marked by the SQA.

**National 4:** Units are assessed in school by your class teacher. You will also complete a written assignment which will require application of knowledge and skills from across the Units.

## Possible Careers



## What can I go on and study in fifth and sixth year?

**National 4** → National 5 Health and Food Technology or ASDAN Added Value.

**National 5** → Higher Health and Food Technology or National 5

**Need more info? -**

[Nationals in a Nutshell](#)