

Health & Food Technology National 5

Progression through Health and Food Technology

Higher
Health &
Food
Technology



Course Content

There are 3 units in the National 5 Health & Food Technology course:

1. Food for Health
2. Food Product Development
3. Contemporary Food Issues

Skills Developed

The National 5 Health & Food Technology course covers a range of topics including health, nutrition, dietary needs, the functional properties of ingredients and contemporary food issues such as GM foods.

Pupils will plan, make & reflect on food products & consider how contemporary issues affect food choices.

The course will include some practical cookery (normally 1 dish per week) which will allow pupils to develop a range of practical food preparation skills and techniques using appropriate tools and equipment as well as develop organisational skills needed to research, plan, prepare and evaluate products & processes

Assessment

Assignment

50%

Question Paper

50%

Related Careers

Possible careers relating to Practical Cookery include:

- Food service/catering
- Chef
- Home Economics Teacher
- Food Technologist
- Hotel/retail Management
- Journalism
- Nursing
- Social Worker/Carer
- Quality control
- Trading Standards
- Environmental Health Officer
- Dietician

Gordon Ramsay, Nadiya Hussain, Nigella Lawson, Jamie Oliver and Lucy Jones have all built successful careers based on skills relating to Practical Cookery.

