

# NATIONALS IN A NUTSHELL

The National Parent Forum of Scotland Summary of Health and Food Technology National 5

HEALTH & FOOD TECHNOLOGY

HEALTH & WELLBEING

NATIONAL

5

3

UNITS

**FOOD FOR HEALTH  
FOOD PRODUCT DEVELOPMENT  
CONTEMPORARY FOOD ISSUES**

**ASSIGNMENT + QUESTION PAPER**

+

COURSE ASSESSMENT

## What skills will my child develop?

- knowledge and understanding of the relationships between health, food and nutrition
- the ability to produce food products which meet individual needs in range of contexts
- a range of practical food preparation skills and techniques using appropriate tools and equipment
- knowledge and understanding of the functional properties of food
- knowledge and understanding of consumer food issues, choices and rights
- knowledge of technological developments in food
- the ability to prepare food safely and hygienically
- organisational skills in planning, preparing and evaluating food products and processes
- problem-solving for a range of health, food, nutrition and consumer needs

## WHAT WILL MY CHILD EXPERIENCE DURING THE COURSE?

- Active and independent learning through self and peer evaluations, reflecting on learning, making independent decisions
- A blend of classroom approaches including practical and experiential learning; group work and peer learning
- Collaborative learning: working in pairs, small groups or larger groups to prepare food products and meals or to research food issues
- Space for personalisation and choice: learners could choose which food products to develop and which techniques to use; learners can choose how they respond to the brief in the Course Assessment (Assignment)
- Applying learning
- Embedding literacy and numeracy skills: weighing and measuring; estimation; communicating; reflecting and reviewing; researching and presenting information; using technology.

## ASSESSMENT

- To gain National 5, learners must pass all Units and the Course Assessment
- Units are assessed as pass or fail by the school/centre (following SQA external quality assurance to meet national standards)
- Unit assessment (or 'evidence of learning') could be presented in a variety of ways such as verbal or written feedback, written reports, completion of pro formas, responses, observational checklists, photographic or video evidence. A portfolio of work may be prepared
- The Course Assessment consists of an Assignment and a Question Paper (exam). The Assignment will require learners to respond to a brief to investigate, plan, develop and evaluate a food product. The Course Assessment will be marked by the SQA and graded A to D.

National 5 progresses onto Higher Health and Food Technology

For more detailed course information:

SQA: Health and Food Technology National 5: [www.sqa.org.uk/sqa/47397.html](http://www.sqa.org.uk/sqa/47397.html)

Education Scotland: [www.educationscotland.gov.uk/nationalqualifications/index.asp](http://www.educationscotland.gov.uk/nationalqualifications/index.asp)

Curriculum for Excellence Key Terms and Features Factfile:

[www.educationscotland.gov.uk/Images/CfEFactfileOverview\\_tcm4-665983.pdf](http://www.educationscotland.gov.uk/Images/CfEFactfileOverview_tcm4-665983.pdf)



the National Parent Forum of Scotland

[www.parentforumscotland.org](http://www.parentforumscotland.org)

enquiries@parentforumscotland.org

 parentforumscotland

 parentforumscot