

## Health and Food Technology – ADVANCED HIGHER

### What are the aims of this course

To develop the required knowledge and skills of research, analysis and evaluation in order to make informed choices, or provide informed advice to others about dietary, nutritional and consumer food issues. It does this by raising awareness of food choices and habits and the effects of these on the health of the individual and the wider community. The course also promotes the development of knowledge and understanding of the science of food, and addresses contemporary food issues effecting food and nutrition.

### What are the recommended entry levels for this course?

Higher Health and Food technology

### What content is included in this course?

The course consists of 2 mandatory units and the Assessment:

**Food For Health:** This unit examines the effects food can have on health and wellbeing of individuals and society. You will be required to evaluate the relationships between health, food, nutrition, and dietary needs and advice, and their impact on health for a wide range of groups at various stages of life.

**Food Science, Production and Manufacturing:** This unit develops knowledge and understanding of the underpinning science and functional properties of food and its use in creating food prototypes. You will also research and analyse commercial food manufacturing processes and explore trends in food purchasing and consumption.

**Course Assessment:** This covers the added value unit.

### What skills will I develop?

You will develop skills of independent enquiry, critical thinking, and analysis and evaluation.

### What learning and teaching approaches will I experience?

There will be a variety of independent learning and research required.

### How will I be assessed?

The two unit assessments will be marked internally.

There is an externally assessed project (60% of the final mark) and a question paper (40% of the final mark).

### What are the homework requirements?

Pupils will be required to work independently on their research and there will be a set homework each week.

### What are the possible progression routes?

This course could lead onto:

- HND in areas such as food science and food technology
- Degrees in areas such as food science and technology, food product design, human nutrition and dietetics or food, nutrition and health.
- Further study, employment and/or training such as health promotion or food testing

### Certification:

Advanced Higher Health and Food Technology is allocated 32 SCQF credit points at SCQF Level 7.