

## Introduction to Health and Food Technology



### **What are the aims of this course?**

Pupils will be given the opportunity to learn about their own needs and those of others, to understand them and to make choices about meeting them through written tasks. The course also aims to develop practical skills associated with food preparation.

### **What will I be learning about in this course?**

Food Hygiene

Nutrition and Healthy Eating.

Diet related diseases and dietary reference values.

### **What skills will I develop?**

Developing practical skills. Planning, organising, carrying out and evaluating a practical activity.

Answering, questioning and evaluating techniques.

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

Direct teaching, self-study, analysis, planning & evaluating techniques, answering handling information questions, group and paired work, visits/talks from outside agencies.

**How will I be assessed?**

Assessments will require students to make informative materials/resources for particular situations/needs. An end of unit written assessment.

Students will also be assessed practically for safety and hygiene.

**What are the homework requirements?**

Homework will be issued in Teams and will be related to learning in the classroom.

**What might this course lead to in the future?**

Can lead to National 4/5/Higher Health & Food Technology, Hospitality National 5 or Creative Cake Production National 5.

Further education & employment in food, care & welfare.