



Home Economics Department



Higher Health and Food Technology Course

What will I be learning?

In S5/6, you will attend Health and Food Technology six periods a week (6 period if you are studying N5 in S5 or S6) and will study the following topic areas:

- Food for Health
- Food Product Development
- Contemporary Food Issues

Some double periods, you may be completing a practical cooking lesson based on your current learning to help gain a deeper understanding.

As you can see, the Higher course has the same three topics as the National 5 course. This means you will have a solid understanding of the fundamentals of each topic if you have previously studied N5 Health and Food Technology.

If you wish to crash Higher, please speak to a member of the department in the first instance.

How will I be assessed?

You will receive a closed-book written test at the end of each topic or unit to track your progress.

You will sit a prelim in December as part of the whole school prelim diet and then a second prelim in February/March. The prelim covers the full course. Similar to the exam, question 1 is mandatory, then you must attempt 3 out of the four remaining questions.

An open-book course assignment is completed from October-March, where you will be given a brief and will conduct three investigations to create a food product that meets the brief. This is worth 50% of your overall grade and is marked externally by the SQA.

What does homework look like?

You will receive a piece of homework every week. It is important you keep up with the homework as best as you can as regular revision improves overall attainment.

You will be added to a Microsoft teams page, and homework will be uploaded there for you to complete in your homework jotter. The homework will often be exam style questions.

All notes and resources for the course will also be available on the Teams page.

Ensure you see your class teacher if you need help accessing Teams or need support completing any of the questions.