



Health and Food Technology



S1 HFT Course

What will I be learning?

In S1, you will attend HFT a double period a week (2 periods) and will study the following topic areas:

- Introduction to food
Including food safety, hygiene and practical skills.
- Introduction to textiles
Including making a pillow.
- Eatwell Guide
- Nutrients
- Royal Highland show

How will I be assessed?

All topics in the S1 HFT course have graded activities. These activities are normally written or practical tasks.

These tasks help you demonstrate your understanding of the topic to your teacher. Your work will be graded at bronze, silver or gold level.

Your teacher will share with you how to achieve each level, so you know how to improve your result on the next task.

Don't worry if you need additional support to complete your assessments - your teacher will organise this for you!

What does homework look like?

You will receive a homework task every week relating to what you've learned in class.

The homework for HFT can be completed in your booklet or on satchel one.

You are also required to bring a container each week in order to take your food home.

Each homework is out of 10 and will be graded over all with Bronze, Silver or Gold.

See your teacher in class if you need help accessing Satchel One. You can also access the booklet online.