

S3 Health and Food Technology

Course Rationale

Health and Food Technology is a hands-on practical subject that is particularly suitable for those who are interested in cooking, food and health. The course will teach you how to prepare healthy food as part of a balanced diet, and how to make food choices that are good for your health. It helps you to develop important skills such as creative thinking, problem solving, planning and organising. Learners develop the necessary knowledge to make informed food, lifestyle and consumer choices which may have a positive effect on their own health.

Course Content

Health and food technology is a practical subject that develops your food knowledge and cooking skills. You will learn about food, nutrition, and dietary needs. You will learn the skills involved in storing, preparing, and cooking food safely and hygienically. These skills will help you to make informed food and consumer choices to contribute to a healthy lifestyle. The Course has six broad and inter-related aims which allow learners to develop:

- basic knowledge about the relationships between nutrition, food, and health
- basic knowledge of the functional properties of food
- knowledge of basic contemporary food issues affecting consumer food choices
- skills to apply their knowledge in practical contexts
- basic food products with support
- safe and hygienic practices in the preparation of food products

There are 3 units learners need to complete. Food for Health; Food Product Development and; Contemporary Food Issues.

Course Assessment

The course will be assessed internally on a pass or fail basis against the unit specifications that come from the Health & Wellbeing Experiences and Outcomes.

Progression

Successful learners in S3 could potentially progress to National 4/5 Health and Food Technology in the Senior Phase (S4 – S6), depending upon course and staffing availability.

Career Pathways

Animals, Land and Environment Health and Medicine Hospitality, Leisure and Tourism

Food and drink Manufacturing Industries Science and Maths Sport Dietetics Nutrition

Food technologist Health and safety inspector Nutritional therapist

Nutritionist Product/process development scientist Production manager Quality manager

Regulatory affairs officer Secondary school teacher Technical brewer Chef