

National 5 Health & Food Technology – Success Criteria

The 'Assignment' which will provide the opportunity to demonstrate the following knowledge, understanding and skills;

- ✓ A range of technological skills related to the production of a food product to meet specified health and/or consumer needs.
- ✓ Research skills.
- ✓ Organisational and management skills.
- ✓ Evaluation skills.

The assignment has four sections:

Section 1: Planning

A maximum of 27 of the marks available for the assignment will be awarded for this section:

- ◆ identifying and explaining key issues associated with the brief
- ◆ undertaking investigations into the key issues, using appropriate techniques
- ◆ generating ideas for a food product based on the results of investigation

Section 2: The Product

A maximum of 10 of the marks available for the assignment will be awarded for this section:

- ◆ providing an idea for a food product based on the results of investigation
- ◆ providing information about the product, based on the results of investigation and linked to the needs of the brief

3: Product Testing

A maximum of 11 of the marks available for the assignment will be awarded for this section:

- ◆ providing evidence of carrying out sensory testing on the food product

Section 4: Evaluation

A maximum of 12 of the marks available for the assignment will be awarded for this section:

- ◆ evaluating the food product based on the results of investigations, sensory testing and suitability for the brief and target group

Informal/Formal Assessments where questions will provide the opportunity to demonstrate the following knowledge, understanding and skills;

- ✓ understand the functions, the effects on health and sources of the following nutrients:
 - protein, fat, carbohydrate, vitamin A, vitamin B group, vitamin C, vitamin D, vitamin E, calcium, iron, sodium
- ✓ understand the functions and the effects on health of:
 - water, dietary fibre and energy
- ✓ explain dietary needs of the following individuals and groups:

- babies and toddlers, children, teenagers, adults, elderly, pregnant women, vegetarians
- ✓ demonstrate knowledge and understanding of current dietary advice and the effect on the health of individuals of following the identified advice
- ✓ explain the effects of the following diet-related diseases or conditions on health:
 - obesity, dental caries, coronary heart disease, bowel disease, anaemia, high blood pressure, osteoporosis
- ✓ describe the benefits to health of a balanced and varied diet
- ✓ explain appropriate standards of hygiene and safety necessary when carrying out food production tasks
- ✓ explain the following stages of the food product development process:
 - concept generation, concept screening, prototype production, product testing, first production run, marketing plan, product launch
- ✓ explain a range of the functional properties of the following ingredients in a range of food products:
 - eggs, flour, sugar, fat, milk
- ✓ explain how the following range of factors and contemporary food issues affect a consumer's choice of foods:
 - budget, lifestyle, advertising and the media, nutritional knowledge, health/allergies, environmental and ethical issues (food miles, organic produce, sustainability, seasonality, Fair Trade, recycling/packaging), food labelling
- ✓ describe how the following technological developments are used in food production:
 - food additives, cook-chill products, modified atmosphere packed products, Ultra Heat Treated products
- ✓ describe how the following consumer organisations protect the consumer:
 - Environmental Health Department, Trading Standards Department, Food Standards Scotland, Consumers Association, Citizens' Advice Bureau
- ✓ identify and use appropriate techniques from the following range to use to investigate health and consumer issues:
 - questionnaire, survey, interview, sensory testing, literary/internet search

What will be taken into consideration when deciding on a teacher-estimated grade for National 5 Health and Food Technology?

- Performance in the Formal Assessment Block(s).
- The estimated mark awarded for the Assignment. *sent to SQA for marking.
- Performance in any informal assessments, which are ongoing throughout the year.
- Commitment and quality in class/homework.