



National 2  
Course  
Specification



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# National 2 Food, Health and Wellbeing Course Specification (C729 72)

**Valid from August 2013**

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Please refer to the note of changes at the end of this Course Specification for details of changes from previous version (where applicable).

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## Course outline

**Course title:** National 2 Food, Health and Wellbeing

**SCQF:** level 2 (18 SCQF credit points)

**Course code:** C729 72

### Mandatory Units

The Course comprises the following mandatory Units:

<b>Food, Health and Wellbeing: Food Preparation (National 2)</b>	<b>6 SCQF credit points</b>
<b>Food, Health and Wellbeing: Food for Health (National 2)</b>	<b>6 SCQF credit points</b>
<b>Food, Health and Wellbeing: Independent Living Skills (National 2)</b>	<b>6 SCQF credit points</b>

### Recommended entry

Entry to this Course is at the discretion of the centre. However, relevant experiences and outcomes may also provide an appropriate basis for doing this Course.

### Progression

This Course or its Units may provide progression to:

- ◆ other qualifications in food, health and wellbeing or related areas
- ◆ further study, employment and/or training

### Equality and inclusion

This Course Specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence. For further information, please refer to the *Course Support Notes*.

## **Rationale**

All new and revised National Courses reflect Curriculum for Excellence values, purposes and principles. They offer flexibility, provide more time for learning, more focus on skills and applying learning, and scope for personalisation and choice.

In this Course, and its component Units, there will be an emphasis on skills development and the application of those skills. Assessment approaches will be proportionate, fit for purpose and will promote best practice, enabling learners to achieve the highest standards they can.

This Course provides learners with opportunities to continue to acquire and develop the attributes and capabilities of the four capacities as well as skills for learning, skills for life and skills for work.

All Courses provide opportunities for learners to develop breadth, challenge and application, but the focus and balance of the assessment will be appropriate for the subject area.

## **Relationship between the Course and Curriculum for Excellence values, purposes and principles**

The National 2 Food, Health and Wellbeing Course builds on the experiences and outcomes of the health and wellbeing curriculum area. The Course supports learners to develop knowledge and understanding, skills, capabilities and attributes which contribute to mental, emotional, social and physical wellbeing.

The Course focuses on: the healthy aspects and the nutritional properties of food; the development of knowledge and skills associated with living safely and hygienically in the home; and the development of practical skills to support aspects of independent living.

This Course encourages learners to make informed decisions about food, health and wellbeing which will sustain them in future life. Through practical contexts, learners are provided with opportunities to experience challenge and enjoyment.

Learners will have the opportunity to develop confidence and responsibility, which will support them to contribute more effectively to their communities.

## **Purpose and aims of the Course**

The purpose of the Course is to enable learners to understand the relationship between food, health and wellbeing, to develop the knowledge and practical skills required to produce healthy dishes, and to provide opportunities for learners to develop practical skills required to support independent living.

The aims of the Course are to enable learners to:

- ◆ prepare healthy, basic dishes
- ◆ make informed food and lifestyle choices
- ◆ develop safe and hygienic practices in the storage, preparation and cooking of food

- ◆ develop practical skills to support aspects of independent living in the home or in a supported environment

The learner will also have the opportunity to develop generic and transferable skills such as confidence, resilience, independence and responsibility.

The structure of the Course ensures a practical skills approach. Food preparation contexts are used to consider the relationship between food, health and wellbeing, as well as to provide experience of safe and hygienic food preparation practices. Other practical skills to support aspects of independent living in the home or in a supported environment are also developed.

The Course contributes to the learner's wider achievement by developing skills in numeracy, language, science, technology, and problem solving. The Course contributes to the personal development of learners by providing opportunities to develop skills and qualities to support independent living, either at home or in a supported environment.

## **Information about typical learners who might do the Course**

This Course is suitable for all learners who have an interest in health, food preparation or cookery techniques and who wish to develop practical skills to support independent living. The Course is particularly appropriate for those who enjoy learning through practical activity. It is suitable for learners with a general interest in the subject and for those wanting to progress to higher levels of study.

The Course may also be suitable for those wishing to work towards a qualification in Food, Health and Wellbeing for the first time.

The Course takes account of the needs of all learners by providing sufficient flexibility to enable learners to achieve in different ways and at a different pace.

On completing the Course, learners will have developed practical skills required to prepare healthy dishes, to make informed decisions about food for health, and to support independent living.

An understanding of the link between food and health and the practice of safe and hygienic food preparation techniques will encourage reflective thinking and promote positive healthy lifestyles. The development of food preparation skills, together with a range of other associated practical skills, will support learners to develop independent living skills. These skills will support and prepare learners for future life and for the world of work.

The skills developed within the National 2 Food, Health and Wellbeing Course can be applied to learning in other subject areas. Skills developed in this Course also support progression in other curriculum areas, as well as in the Personal Achievement Award at National 2 and the Personal Development Award at National 2.

# Course structure and conditions of award

## Course structure

The Course consists of three mandatory Units.

This Course enables learners to develop skills in: preparing healthy dishes; making informed food and lifestyle choices; developing safe and hygienic practices in the storage, preparation and cooking of food; and developing practical skills to support aspects of independent living.

Units are statements of standards for assessment and are not programmes of learning and teaching. They can be delivered in a variety of ways.

### **Food, Health and Wellbeing: Food Preparation (National 2)**

The general aim of this Unit is to enable learners to develop skills and knowledge in food preparation. It is also intended to provide a context for the development of knowledge about health and nutrition, and safe and hygienic practices.

### **Food, Health and Wellbeing: Food for Health (National 2)**

The general aim of this Unit is to enable learners to develop an understanding of the relationship between food, health and wellbeing. It also provides a context for the development of knowledge about safe and hygienic practices in the storage, preparation and cooking of food.

### **Food, Health and Wellbeing: Independent Living Skills (National 2)**

The general aim of this Unit is to support learners to develop a range of practical skills to support independent living in the home or in a supported environment. Examples of practical activities may include shopping, using a washing machine, using a dishwasher, general cleaning, setting a table, or organising the storage of foods in a fridge within a school/centre.

## Conditions of award

To achieve the National 2 Food, Health and Wellbeing Course, learners must pass all of the required Units. The required Units are shown in the Course outline section.

National 2 Courses are not graded.

## Skills, knowledge and understanding

Full skills, knowledge and understanding for the Course are given in the *Course Support Notes*. A broad overview of the skills, knowledge and understanding that will be covered in the Course is given in this section. These include:

- ◆ using simple food preparation skills to produce healthy dishes
- ◆ selecting and using everyday tools and equipment hygienically and safely
- ◆ following kitchen routines hygienically
- ◆ using safe and hygienic practices within a food preparation context
- ◆ demonstrating an understanding of the relationship between food and health
- ◆ demonstrating safely the use of practical skills to support independent living in the home or in a supported environment

Skills, knowledge and understanding to be included in the Course will be appropriate to the SCQF level of the Course. The SCQF level descriptors give further information on characteristics and expected performance at each SCQF level ([www.sqa.org.uk/scqf](http://www.sqa.org.uk/scqf)).

# Assessment

Further information about assessment for the Course is included in the *Course Support Notes*.

## Unit assessment

All Units are internally assessed against the requirements shown in the Unit Specification.

They can be assessed on an individual Unit basis or by using other approaches which combine the assessment for more than one Unit.

They will be assessed on a pass/fail basis within centres. SQA will provide rigorous external quality assurance, including external verification, to ensure assessment judgements are consistent and meet national standards.

The assessment of the Units in this Course will be as follows:

### **Food, Health and Wellbeing: Food Preparation (National 2)**

For this Unit, learners will be able to:

- ◆ follow basic kitchen routines hygienically
- ◆ select and use everyday kitchen tools and equipment hygienically and safely
- ◆ use simple food preparation skills to produce healthy, basic dishes

### **Food, Health and Wellbeing: Food for Health (National 2)**

For this Unit, learners will be able to:

- ◆ demonstrate an understanding of the relationship between food and health
- ◆ use basic safe and hygienic practices within a food preparation context

### **Food, Health and Wellbeing: Independent Living Skills (National 2)**

For this Unit, learners will be able to:

- ◆ demonstrate safely the use of simple practical skills to support independent living in the home or in a supported environment

# Development of skills for learning, skills for life and skills for work

It is expected that learners will develop broad, generic skills through this Course. The skills that learners will be expected to improve on and develop through the Course are based on SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work* and drawn from the main skills areas listed below. These must be built into the Course where there are appropriate opportunities.

## **2 Literacy**

1.3 Listening and talking

## **2 Numeracy**

2.2 Money, time and measurement

## **3 Health and wellbeing**

3.3 Physical wellbeing

## **5 Thinking skills**

5.1 Remembering

5.2 Understanding

5.3 Applying

Amplification of these skills is given in SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work*. The level of these skills will be appropriate to the level of the Course. Further information on building in skills for learning, skills for life and skills for work for the Course is given in the *Course Support Notes*.

# Administrative information

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## History of changes to National Course Specification

Course details	Version	Description of change	Authorised by	Date

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