

Draft National Unit Specification



Unit title: Food and Health Technology: Food for Health (Access 3)

SCQF: level 3 (6 SCQF credit points)

Unit code: to be advised

Unit outline

This Unit encourages learners to develop awareness and basic knowledge of the links between food and nutrition, dietary needs and how they affect health and wellbeing. Through experiential learning, learners develop practical skills for preparing healthy food products using safe and hygienic practices.

Learners who complete this Unit will be able to:

- 1 Describe the basic relationship between food, nutrition, health and current dietary advice
- 2 Use basic knowledge and skills to prepare food products to meet individual dietary and health needs

This Unit is a mandatory Unit of the Access 3 Food, Health and Wellbeing Course and is also available as a free-standing Unit. The Unit specification should be read in conjunction with the *Unit Support Notes* which provide advice and guidance on delivery, assessment approaches and development of skills for learning, skills for life and skills for work. Exemplification of the standards in this Unit is given in the *National Assessment Resource*.

Recommended entry

Entry to this Unit is at the discretion of the centre. However, learners would normally be expected to have attained the skills, knowledge and understanding required by one or more of the following or equivalent qualifications and/or experience:

- ◆ Access 2 Food, Health and Wellbeing Course or relevant component Units

In terms of prior learning and experience, relevant experiences and outcomes may also provide an appropriate basis for doing this Unit. Further information on relevant experiences and outcomes will be given in the *Unit Support Notes*.

Equality and inclusion

This Unit 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 *Unit Support Notes*.

Standards

Outcomes and assessment standards

Outcome 1

The learner will:

- 1 Describe the basic relationship between food, nutrition, health and current dietary advice by:**
 - 1.1 Identifying a benefit to health of a balanced and varied diet
 - 1.2 Outlining the health benefit of following one piece of current dietary advice
 - 1.3 Describing, briefly, the effect on health of a main nutrient
 - 1.4 Outlining, briefly, the effect on health of a diet-related condition

Outcome 2

The learner will:

- 2 Use basic knowledge and skills to prepare food products to meet individual dietary and health needs by:**
 - 2.1 Identifying the basic dietary needs of a specified individual
 - 2.2 Using appropriate ingredients and cooking methods to produce a basic food product to meet the dietary needs of the individual
 - 2.3 Working safely and hygienically during food production
 - 2.4 Describing briefly, how the food product meets the dietary and health needs of the individual

Evidence Requirements for the Unit

Assessors should use their professional judgement, subject knowledge and experience, and understanding of their learners, to determine the most appropriate ways to generate evidence and the conditions and contexts in which they are used.

Evidence for this Unit could include one or more of the following: observation of skills, recorded evidence, oral responses, electronic log, video evidence and/or photographic evidence. Evidence may be presented for individual Outcomes or it may be gathered for the Unit as a whole by combining assessment. If the latter approach is used, it must be clear how the evidence covers each Outcome and additional evidence must be provided if one or more standards have not been assessed.

Exemplification of assessment will be provided in the *National Assessment Resource*. Advice and guidance on possible approaches to assessment is provided in the *Unit Support Notes*.

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

It is expected that learners will develop broad, generic skills through this Unit. The skills that learners will be expected to improve on and develop through the Unit 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 Unit where there are appropriate opportunities.

1 Literacy

1.1 Listening and talking

2 Numeracy

2.2 Money, time and measurement

3 Health and wellbeing

3.3 Physical wellbeing

5 Thinking skills

5.3 Applying

Amplification of these is given in SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work*. The level of these skills should be at the same SCQF level of the Unit and be consistent with the SCQF level descriptor. Further information on building in skills for learning, skills for life and skills for work is given in the *Unit Support Notes*.

Administrative information

Published: December 2011 (draft version 1.0)

Superclass: to be advised

History of changes

Version	Description of change	Authorised by	Date

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