

Draft National Unit Specification



Unit title: Health and Food Technology: Food for Health (Higher)

SCQF: level 6 (6 SCQF credit points)

Unit code: to be advised

Unit outline

The general aim of this Unit is to develop learners' knowledge, understanding and skills to enable them to analyse and evaluate the relationship between health, food, nutrition, dietary needs and current dietary advice. Learners will also explain the impact of this relationship on the health of individuals at various stages of life. Through practical activities, the learner will produce food solutions which meet individual needs.

Learners who complete this Unit will be able to:

- 1 Analyse the relationships between food, nutrition and current dietary advice and their effect on health
- 2 Prepare food products to meet dietary and health needs

This Unit is a mandatory Unit of the Higher Health and Food Technology 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*.

The Course Assessment Specification for the Higher Health and Food Technology Course gives further mandatory information on Course coverage for learners taking this Unit as part of the Higher Health and Food Technology Course.

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:

- ◆ Health and Food Technology (National 5) Course or relevant component Units
- ◆ Literacy Unit (SCQF level 5)
- ◆ Numeracy Unit (SCQF level 5)

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*.

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Standards

Outcomes and assessment standards

Outcome 1

The learner will:

- 1 Analyse the relationships between food, nutrition and current dietary advice and their effect on health by:**
 - 1.1 Explaining, in detail, the function and contribution of micro nutrients to health
 - 1.2 Investigating and presenting findings on a chosen dietary related condition
 - 1.3 Explaining, in detail, the impact of a specific aspect of current dietary advice on health

Outcome 2

The learner will:

- 2 Prepare food products to meet dietary and health needs by:**
 - 2.1 Analysing/evaluating the dietary and health needs of an individual in relation to Dietary Reference Values
 - 2.2 Selecting ingredients and cooking methods to produce a healthy food product for the dietary and health needs of a specified individual
 - 2.3 Working safely and hygienically during food production
 - 2.4 Evaluating how the food product meets the dietary and health needs of the specified 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.

For this Unit, learners will provide evidence of knowledge and understanding of facts related to food, nutrition, dietary needs and advice, food hygiene practices and their influence on health. Learners will also apply this understanding and use their practical skills to prepare f an appropriate food product to meet individual needs.

Evidence for this Unit could include one or more of the following: recorded, oral/written responses, presentations, video evidence, photographic evidence and observation of skills. It must be clear how the evidence covers each Assessment Standard, and additional evidence must be provided if one or more standards have not been assessed.

Evidence may be presented for individual Outcomes or it may be gathered for the Unit as a whole by combining assessment in a single event. If the latter approach is used, it must be clear how the evidence covers each Outcome, and additional evidence must be provided for any standard which has 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

(Note: The information given below reflects the initial thinking on significant opportunities for development of skills for learning, skills for life and skills for work. These may be subject to change as the development process progresses.)

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 Reading, listening and talking

2 Numeracy

2.3 Information handling

3 Health and wellbeing

3.3 Physical wellbeing

5 Thinking skills

5.3 Applying

5.4 Analysing and evaluating

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



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Superclass: to be advised

History of changes

Version	Description of change	Authorised by	Date

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Note: readers are advised to check SQA's website: www.sqa.org.uk to ensure they are using the most up-to-date version of the Unit Specification.