



Home Economics: Health and Food Technology Access 3

Structure of the Course

This Course is at Access 3 level and consists of 3 x 40 hour mandatory Units.

The Units are:

Healthy Cooking (Access 3)	1 Unit credit
Food Product Development (Access 3)	1 Unit credit
Technology in the Kitchen (Access 3)	1 Unit credit

Summary of Course content

The Access 3 Home Economics: Health and Food Technology Course has been designed to give all candidates the opportunity to undertake an achievable Home Economics Course from S3 onwards.

Achieving this Home Economics Course can help to raise self-esteem and self-belief, and may enable candidates to progress to Courses at higher levels and to develop essential life skills.

This Course will help to develop a candidate's personal effectiveness in the use and management of resources. The candidate-centred approach to learning should enable the development of transferable skills that will be valuable throughout life. These experiences may also help to prepare candidates for further study or employment. In addition, the Course will encourage, through practical activity, the integration of understanding and skills in a variety of ways.

Summary of content of each Unit:

Healthy Cooking (Access 3)

This Unit is designed as an introduction to healthy cooking. On completion of this Unit candidates will have a basic understanding of the functions and sources of the main nutrients and be able to apply current healthy eating guidelines to food preparation.

Food Product Development (Access 3)

This Unit is designed as an introduction to food product development. On completion of this Unit, candidates will have an understanding of food sources and their categories. Candidates will also have knowledge of hygiene and safety rules and be able to apply these when preparing dishes using a variety of ingredients.

Technology in the Kitchen (Access 3)

This Unit introduces candidates to a range of storage facilities and technological kitchen equipment, focusing on practical applications. This will include demonstrating an understanding of the use of the equipment in food storage, food preparation and cooking with due regard to the safe and hygienic storage and handling of food.

Assessment Approaches

Assessment across the Units of the Course will allow candidates to demonstrate;

- ◆ a knowledge and understanding of the functions and uses of nutrients
- ◆ a knowledge of healthy eating guidelines and the ability to apply this knowledge in food preparation
- ◆ a knowledge of food sources and their categories
- ◆ a knowledge of the main uses of a range of kitchen equipment
- ◆ that they can use a range of kitchen equipment in food preparation
- ◆ that they can work safely and hygienically in all practical cookery sessions
- ◆ that they are able to follow a brief to produce a food product
- ◆ that they can evaluate a finished product

The Units which comprise this Course will be assessed internally. Details of the internal assessment will be provided in the Unit specification. Holistic approaches to assessment should be adopted and a variety of approaches may be appropriate.

Each Unit will be supported by a National Assessment Bank (NAB) item which will provide an assessment package and will exemplify the national standard.

Resource Requirements

Practical activities for this Unit should be carried out under supervision in an appropriate environment such as a classroom/training kitchen and should provide candidates with the opportunity to demonstrate good working practice.

Personal protective clothing will be essential for all candidates when working in the kitchen. Centres should carry out risk assessments for all activities as required.

Progression

This Course or its Units may provide progression to:

- ◆ Intermediate 1 Home Economics: Health and Food Technology or its Units
- ◆ Intermediate 1 Hospitality: Practical Cookery or its Units

Publication of Course and Unit Specifications

Course and Unit Specifications will be published on SQA's website (www.sqa.org.uk) in April 2008.

Launch Event

SQA will be hosting a launch event to support this Course in the Spring of 2008. Centres will be updated on the event in early 2008.