

NQ Health and Food Technology Verification Summary 2025–26

Verification information

Subject	Health and Food Technology
Verification activity	Event
Round	1
Date published	July 2026

National Units verified

Unit code	Unit level	Unit title
H1YT 74	National 4	Heath and Food Technology: Food for Health
H200 74	National 4	Heath and Food Technology: Contemporary Food Issues
H1YX 74	National 4	Heath and Food Technology: Food Product Development
J21P 76	SCQF level 6	Heath and Food Technology: Food for Health
J21X 76	SCQF level 6	Heath and Food Technology: Food Product Development

Comments on assessment

Assessment approaches

All centres used assessment materials from the relevant Qualifications Scotland unit assessment support packs from our secure website to assess their candidates.

If centres provide interim evidence, they should submit sufficient evidence to demonstrate their centre's assessment approach and assessment judgements. This would typically be most assessment standards for a unit.

Assessment judgements

Most centres are assessing their candidates in line with national standards. There are, however, a number of recommendations that relate to the assessment judgements, as outlined in the general comments below.

Centres should ensure that assessors and internal verifiers refer to the Judging Evidence tables in the unit assessment support packs when making assessment judgements to ensure centres are not expecting too much from candidates at National 4, or too little from candidates at Higher level. This will ensure candidates produce evidence in line with national standards at each level.

General comments

Most centres made clear assessment judgements with effective communication between the assessor and internal verifier. Some centre's verification procedures were clear, detailed and effective. If the assessor and internal verifier disagree, centres should make sure that, at the least, the agreed assessment judgement is clear.

Centres must make sure that a thorough approach to internal verification takes place. A thorough approach goes beyond cross-marking — for example notes of meetings to discuss approaches to assessment or minutes of meetings where candidates' work was discussed in detail. You can find guidance about internal verification in our [NQ internal verification toolkit](#).

Centres using centre-devised workbooks to gather evidence should make sure that those workbooks do not disadvantage their candidates by over-scaffolding the prompts as that can prevent candidates demonstrating knowledge and technique for all command words. For example, if an assessment standard asks candidates to 'identify and explain' they need to be able to carry out both commands.

Most candidates demonstrated a good knowledge of nutrient functions and dietary diseases. Although some candidates are still not clear on the difference between the function of the nutrient and the impact on health of that nutrient.

A range of evidence was provided showing personalisation and choice, specifically the approach to assessment standard 1.1-1.4 in the Food for Health unit.

Candidates did not complete the Food for Health (SCQF level 6) unit assessment standard 1.3 well. Candidates should link back to the individual and relate the contribution to the diet to a source of the nutrient in the given foods, instead of suggesting alternatives.

Assessors should indicate clearly where assessment judgements have been made. Sometimes the over-annotation of candidate evidence made it challenging to see where the judgement had been made.

Centres should make sure the information on the candidate assessment record sheet matches the verification sample form and the marked evidence provided to avoid ambiguity.

NQ Health and Food Technology Verification Summary 2025–26

Verification information

Subject	Health and Food Technology
Verification activity	Event
Round	2
Date published	July 2026

National Units verified

Unit code	Unit level	Unit title
H203 74	National 4	Health and Food Technology: Assignment — Added Value Unit

Comments on assessment

Assessment approaches

Most centres used assessment materials from the relevant Qualifications Scotland unit assessment support pack to assess their candidates. Some centres used the National 5 coursework assessment task assignment brief for their National 4 candidates and this is acceptable as some candidates may have changed levels or centres may have bi-level classes. This approach would prevent over-assessing the candidates and would minimise workload for the centre.

If centres want to use their own assessment approach they should submit this to Qualification Scotland for prior verification before being used to assess candidates. The assessment must be designed to enable candidates to meet all assessment standards.

Assessment judgements

Almost all centres assessed their candidates in line with national standards and used up-to-date unit assessment support (UAS) packs. Almost all centres used the judging evidence tables in the UAS packs effectively.

All candidates were able to identify two key issues from their given brief.

Assessment standard 1.2

- Most research was carried out to an acceptable level. Candidates should have at least one source for internet research at this level. Candidates should have a source for their questionnaires, at least 3–5 pertinent questions and a minimum of five respondents in order to gather enough useful data to help them comment on the suitability of their product in Part 4.
- All questionnaire results should be shown for questionnaires. Conclusions are not required at this level. For an interview an appropriate source should be identified and there should be a minimum of three questions in order to gather enough useful data to help them comment on the suitability of their product in Part 4.

Assessment standard 1.3

- Photographs of final dishes were included by almost all candidates. Photographs are not required but were very useful for demonstrating the final product.
- There needs to be evidence that candidates have worked hygienically and safely. Safe and hygienic practices were not documented clearly enough.
- A few centres used centre-devised practical checklists and feedback sheets which were noted as good practice, especially where both the assessor and internal verifier's comments were detailed enough to give feedback to candidates and, at times, appropriate next steps.

Assessment standard 1.4

- Whilst sensory testing is not required, most candidates provided this. Centres should make sure that candidates are aware that ratings tests should have a key as standard practice. This will help candidates to provide reflective comments.
- Centres are reminded a star profile is not a sensory test and that all results of testing should be displayed, not an average.
- Comments should demonstrate how the completed food product meets the needs of the brief.

General comments

Some centres adopted a thorough approach to internal verification, which went beyond cross-marking, for example notes of meetings to discuss approaches to assessment; minutes of meetings where candidates' work was discussed. Some centres' comments allowed candidates to see where they had or had not achieved the assessment standard as well as their next steps in learning.

Centres must have an effective internal quality assurance system in place which ensures that all candidates are assessed accurately, fairly and consistently to national standards.

You can find guidance about internal verification in our [NQ internal verification toolkit](#).

Verification is used to review a centre's assessment and determine whether the approach to assessment and the assessment judgements are sound, for each level covered by the sample and to consider if the centre's assessment approach is valid and if assessment judgements have been made reliably. In order to do this, it is important that centres indicate on candidate work where judgements are made by the assessor and the internal verifier. It is also good practice for assessors and verifiers to mark separately and then discuss. They should record this discussion so the process is clear and the Qualifications Scotland verifier can clearly see where judgements have been made, discussed and amended if required.