



Which topics are covered at N5?

Unit	Topics
Food For Health	Nutrients
	Water, Dietary Fibre and Energy
	2016 Scottish Dietary Goals
	Dietary Needs at Different Stages
	Dietary Diseases
	Benefits of a Balanced Diet
Food Product Development	Functions of Ingredients
	Stages of Food Product Development & Sensory Testing
	Hygiene and Safety
Contemporary Food Issues	Factors Affecting Food Choice
	Technological Developments in Food
	Organisations that Protect the Consumer
	Food Labelling

Are there important dates of which I should I be aware?

November/December - Prelim

Oct- Feb – Assignment (50% of final grade)

April/May – Final exam (50% of final grade)

How is the course assessed?

COMPONENT	DETAILS	LENGTH	MARKS	%
Final exam	60 marks. - Learners are assessed on the topics above in a variety of State, Describe, Explain and Evaluate questions. 6- mark DRV question always asked where young people are asked to evaluate a persons diet linked to the dietary reference values for someone their age.	1hr 50mins	60	50
Assignment	60 marks - Young people are given a brief to create a new food product. 4 Sections - Planning- 27 marks- identify and explain key issues in the brief, research and present key issues, create product ideas - Product- 10 marks- provide product recipe, justify product linked to research - Testing- 11 marks- carry out sensory testing on food product - Evaluation- 12 marks- evaluating food product based on investigations, sensory testing, and suitability to the brief	Completed in class not time limited	60	50

What are the exam question command words?

State- No Depth Fact Only

Describe- Full Sentence Answer

Explain- Description, STAB (so, therefore, as, because), Impact

Evaluate- Description, Opinion, Consequence

Where can I find more information about the exam and assignment?

The SQA Understanding Standards provides exemplars and grades awarded.

<https://www.understandingstandards.org.uk/>

What resources can I use to support my learning?

Teams/OneNote – All powerpoints used in lessons in TEAMS general and One note used to support learning

Achieve – <https://achieve.hashtag-learning.co.uk/> - revision guides and past papers with marking instructions for all the units

Study Guide-

<https://collins.co.uk/products/9780008281991>

Where do I find the past papers? You can find papers on the SQA website. https://www.sqa.org.uk/pastpapers/findpastpaper.htm	https://www.brightredpublishing.co.uk/shop/n5-health-food-technology-study-guide-new-edition The following youtube channel explains command words clearly- https://www.youtube.com/@missmurdoch9054
Where do I find more information about the course? The course spec gives detailed information about the full course: https://www.sqa.org.uk/files_ccc/HealthandFoodTechnologyCourseSpecN5.pdf	How do I ensure top marks? • Ensure every answer you provide has accurate information, enough depth, and follows the correct command word structure. • Highlight the command word in the question before answering. • Practise previous exam questions timed. Use marks awarded as a guide to points made. Each mark should take less than 2 mins. Use the mark schemes to mark along with referencing command word guides. 'Let's Achieve' is helpful for easy exam question and mark scheme access if you are looking to revise a specific topic. • Ensure you are keeping to the assignment progress deadlines in order to receive timely feedback that is actionable. A timeline will be shared with young people at the beginning of assignments. • The quiz function on let's achieve is highly effective for key topics. • Ensure homework is complete weekly, this will give an excellent opportunity for practise, retrieval, and feedback. • Discuss HFT with your young person in a practical setting to help key topics commit to long term memory. Things like discussing Dietary goals and nutrients in relation to meals at home can help understanding. • Flash cards, quizzing, mind maps are all helpful revision tools that I would recommend. • Supported study will also be available for smaller group support on topics chosen by young people.