

Practical Cookery: National 5

Course Information

What's Involved?

The course assessment is made up of three components:

1. **Assignment** (18 marks) = **13%** of overall grade
2. **Practical Activity** (82 marks) = **62%** of overall grade
3. **Question Paper** (30 marks) = **25%** of overall grade

The assignment and question paper are marked externally by the SQA.

Assignment and Practical Activity

The assignment and practical activity give you the opportunity to demonstrate the following skills, knowledge and understanding in the context of producing and serving a meal:

- planning, organisational and time management skills
- applying food preparation techniques and cookery processes according to the given brief
- preparing and using ingredients according to the given brief
- presenting and serving each dish appropriately
- demonstrating the importance of food safety and hygiene
- working safely and hygienically

Question Paper

The question paper gives you an opportunity to demonstrate:

- the principles of selecting and using food preparation equipment
- the principles of successful weighing and measuring
- understanding cookery processes and food preparation techniques
- understanding ingredients, their characteristics, and the importance of sustainability
- knowledge and application of current dietary advice
- knowledge of the application of the principles of food safety and hygiene
- costing recipes
- evaluation of presentation, taste or texture of dishes

Course Aims:

The course aims to enable candidates to:

- proficiently use a range of cookery skills, food preparation techniques and cookery processes when following recipes
- select and use ingredients to produce and garnish or decorate dishes
- develop an understanding of the characteristics of ingredients and an awareness of their sustainability
- develop an understanding of current dietary advice relating to the use of ingredients
- plan and produce meals and present them appropriately
- work safely and hygienically

Who is this course for?

This course is designed for those who are interested in food and cooking and who enjoy being creative with food. Learners who have chosen to follow it may wish to utilise their cookery knowledge and skills at home, in the wider community or, ultimately, in the hospitality industry.

Recommended Entry Requirements:

- Candidates should have achieved the fourth curriculum level or
- the National 4 Practical Cookery course or
- equivalent qualifications such as the NPA Professional Cookery
- and/or experience prior to starting this course.

EXAMPLE QUESTION PAPER QUESTION:

Describe one safety point that should be carried out when draining boiled potatoes. (1 mark)