S3 Practical Cookery

# Course Rationale

The S3 Practical Cookery course enables learners to develop the relevant experiences and outcomes for the technologies and health and wellbeing curriculum areas. Candidates will develop cookery-related knowledge, understanding and skills through skills development and application of those skills. S3 Practical Cookery is timetabled for 3 periods per week.

# Course Content

The S3 course allows pupils to further develop learning undertaken as part of the Broad General Education:

* The Food Experience (tasting, selecting and evaluating, the social context, religious and cultural influences)
* Developing Healthy Choices (linking food and health, decision making)
* Nutritional Needs varied diet, individual needs, stages of life)
* Keeping Safe and Hygienic principles of food safety and hygiene, minimizing risk, preparing food safely and hygienically)
* The Journey of Food (from farm to fork, sustainability, influence on consumer choices, preparing food appropriate to learning)
* Food Technologies (creativity, design, dexterity, problem solving and developing appropriate items)

Pupils will also undertake REHIS Elementary Food Hygiene and REHIS Food and Health

The aims of the S3 course are to:

* develop cookery skills, food preparation techniques and ability to follow cookery processes in the context of producing dishes
* develop knowledge and understanding of ingredients, and their characteristics
* develop the importance of sustainability, responsible sourcing of ingredients and current dietary advice
* develop planning, organisational and time management skills by following recipes; and by planning, producing and costing dishes and meals. They also extend their ability to carry out an evaluation of prepared dishes.
* develop their understanding of safety and hygiene when working with ingredients as well as the importance of following safe and hygienic practices at all times in a practical context

# Progression

The S3 Practical Cookery course will provide learners with the experience, knowledge and understanding to progress on to National 3, 4 and 5 levels.

You can see National and Higher Course information in the ‘Nationals / Highers in a Nutshell’ series.

<https://www.npfs.org.uk/downloads/category/in-a-nutshell-series/nationals-in-a-nutshell-series/>

# Career Pathways

Chefs Head Cooks Catering Dietitians Nutritionists

Child Care Food Manufacture Environmental Health

# My World of Work

For further information around these and other career options and pathways, your child can log in to

‘My World of Work’: <https://www.myworldofwork.co.uk/>