National 5 Practical Cookery

# Course Rationale

National 5 Practical Cookery builds on the relevant experiences and outcomes for the technologies and health & wellbeing curriculum areas. It is also available at National 4 and 3. Learners will develop cookery-related knowledge, understanding and skills through skills development and the application of those skills.

# Course Content

The course develops a range of cookery skills and food preparation techniques, as well as planning, organisational and time management skills, in hospitality-related contexts. Through the course learners will:

* enhance their cookery skills, food preparation techniques and ability to follow cookery processes in the context of producing dishes
* develop their knowledge and understanding of ingredients, and their characteristics, will be developed

The importance of sustainability, responsible sourcing of ingredients and current dietary advice are also addressed.

* develop their 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

# Course Assessment

# The course assessment has three components:

# Component 1: question paper 30 marks; Duration 1 hour

# Component 2: assignment 18 marks

# Component 3: practical activity 82 marks

# Component 2 and component 3 are inter-related and will be assessed using one activity. Learners will carry out one task — planning and producing a meal — which will provide evidence for both components. The assignment and practical activity together have a total mark allocation of 100 marks. This is 75% of the overall marks for course assessment.

# Progression

Successful learners at National 3 level could progress to National 4 Practical Cookery in S5 or S6.

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# Career Pathways

Hospitality Industry Baker Public Health Events or Hotel Management

Cake Decorator Chef Catering Manager Care Home Practitioner

Dietician Food Technologist Nutritionist Teacher of Home Economics