



Course Choice Information – Practical Cookery – National 5

Course Information & Content

This Course aims to enable learners 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

The course will be delivered through 3 topics:

Cookery Skills, Techniques and Processes

- This topic aims to enhance learners' cookery skills, food preparation techniques and their ability to follow cookery processes in the context of producing dishes.

Understanding and Using Ingredients

- This topic aims to enhance learners' knowledge and understanding of ingredients from a variety of different sources and of their characteristics.

Organisational Skills for Cooking

- This topic aims to extend learners' planning, organisational and time management skills.

There will be a charge of £50 towards the cost of ingredients. This may be paid in instalments via Parent Pay.

Assessment

- **Internal Assessment:** A 2 hour 30 minute practical activity requiring learners to produce and present a three-course meal for a given number of people (62% of final grade)
- **External Assessment:** 1 hour 45 minute planning exam linked to the practical exam (completed in school but sent to SQA for marking – 13% of final grade)
- 1 hour written exam testing knowledge and understanding across the course (25% of final grade)

Homework

Pupils should arrive to class with an appropriate container to transport food home safely. Homework will be set on a regular basis and may include completion of classwork or of past papers.

Progression

NPA Bakery| National 5 HFT | College | Apprenticeship

Career Options

Baker |Butcher |Chef |Cake decorator |Catering manager |Kitchen manager |Restaurant manager |Catering Assistant |Wholesaler |Food Service Assistant |Catering Consultant |Army Chef

[Further information - SQA](#)

