

# Practical Cookery

The course is suitable for pupils who are interested in the Hospitality industry and in further developing their practical cookery skills. Pupils will achieve through participating in engaging, motivating and relevant learning experiences in real-life Hospitality contexts. Learners will become confident individuals who derive satisfaction from being able to produce dishes and meals within specific time scales. There are units covered within the course:

Understanding skills in cookery | Industry links | Food and culture | Enterprising cakes

**Skills for Life, Learning and Work:** The course will support health and well-being by encouraging creativity, flexibility and adaptability; enthusiasm and a willingness to learn; perseverance, independence and resilience; responsibility and reliability; confidence and enterprise.

The course will also develop responsible citizens who actively participate in the work of the class, develop awareness of issues affecting society, such as seasonality of produce, and take on organisational tasks; and effective contributors who share their views with others and support their peers whenever appropriate.

The course also develops a range of skills for learning, skills for life and skills for work, which include aspects of literacy, numeracy with time management and measurement and thinking skills with applying, analysing and evaluating.

**Next Steps:** Progression onto National 3, 4 and 5 Practical Cookery

**SB**

**Course Descriptor:** This course is ideal for pupils who enjoy cooking, who want to develop their cooking skills and who also have an interest in the Hospitality industry.

This course will enable pupils to learn how to plan, prepare and cook food for themselves and others. It also develops organisational skills, which have an application in a wide variety of contexts.

The course aims to enable pupils 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

**Senior  
Phase**

**Assessment Details:** Question paper (25%), Assignment and practical activity (75%)

**Next Steps:** Passing the National 5 course can lead to further professional cookery courses at College.

Equally, pupils can also move into our SCQF Level 5 Barista Skills Award, Level 5 Sports nutrition or,

National 5 Practical Health and Food Technology where there is then a further pathway into Higher study.

*Find out more about this qualification on the [Scottish Qualification Authority](https://www.sqa.gov.uk) website.*