

Hospitality: Practical Cookery

National 4 & 5

Why take this course?

This is a practical cookery course and its main aim is to develop pupil's cookery skills by producing a range of dishes. The skills, knowledge and understanding which will be covered in this Course include:

- Identifying food preparation equipment and their uses.
- Food preparation techniques: blend, whisk etc.
- Cookery processes: baking, stir frying etc.
- Categories of ingredients: herbs and spices, dry ingredients etc.
- Understanding ingredients: effect on health, storage, seasonality.
- Planning, cooking, finishing and serving meals.
- Evaluating dishes.
- Working safely and hygienically

To succeed in this course, you need...

Students who have enjoyed practical cookery in BGE Home economics may consider this course. As this is a practical course, good attendance is essential for success.

Although this is a practical course, written work is essential in order to succeed at National 4 and 5 and students must be prepared to meet this with positivity and hard work.

Course structure and Content

National 4

Unit 1 - Cookery Skills, Processes and Techniques

Unit 2- Understanding and Using ingredients

Unit 3- Organisational Skills for Cooking

Assessment

Added Value Unit: Students produce a two course meal for four people in a restricted time of 1 hour 30 minutes.

National 5

Units are as National 4 (above)

Assessment

The assessment is broken down into 2 elements (Practical & Theory):

- Practical activity (2 hours 30 minutes) : Prepare and present a three course meal for four people to a given brief. This is internally assessed and forms 75% of the mark.
- Pupils will also complete a question paper and planning document forming the remaining 25%.

Essentials

Pupils will be expected to provide suitable dishes/containers for their cookery and pay for the cost of ingredients when required.

Where might this course take me?

Practical Cookery provides vital life skills for students. They will also develop skills in team working, communication, and numeracy, planning and working to strict deadlines. Progression from National 5 would be Professional Cookery at College.