



KIRKCALDY HIGH SCHOOL
Community, Ambition, Respect

S4/5 Subject Choices

Faculty of Health and Well-Being – Home Economics

Practical Cookery – Level 5

Entry Requirements - Preferred Skills and Knowledge

A National 4 Practical Cookery pass is required for entry into the course. This is due to the more complex nature of the dishes involved in the course. You should also be keen to develop your knowledge of nutrition, diet and health as well as your cookery skills. Throughout the course, you will have the opportunity to work individually and with others.

Course Content

- Develop your cookery skills while producing a variety of dishes.
- Develop your understanding of cookery processes.
- Develop knowledge and understanding of different ingredients, nutrition and current dietary advice.
- Develop your ability to plan, prepare and serve a specific number of dishes within an allocated time.

Practical Cookery – Level 5

National 5

- Question Paper during exam time – 1 hour – 25% of overall mark.
- Assignment (plan how you will prepare 3 dishes) – 13% of overall mark
- Practical Activity (produce and serve a 3-course meal in 2 ½ hours) – 62% of overall mark

Learning Activities & Homework

- You will experience a mix of both practical and classroom-based lessons.
- Extra practice of your practical skills will help your performance. This can be achieved by practicing your cookery skills at home.
- Homework will be given throughout S3 and S4 at appropriate times to support the work you do in school.

Practical Cookery – Level 5

Wider Skills Development

- Organisation
- Resilience
- Communication and working with others.
- Confidence
- Problem Solving and Planning

Progression & Career Opportunities

- Other courses in school: Level 5 Barista Skills with Level 5 Customer Service.
- Further Education: HNC and HND in Professional Cookery, Food Science and Technology, Hospitality Management
- Career Opportunities: Chef, various jobs within the vast Hospitality sector.

Barista & Customer Service – Level 5

Entry Requirements - Preferred Skills and Knowledge

No previous experience is required. You should be keen to learn new barista skills as well as knowledge relating to professional customer service. Throughout the course, you will have the opportunity to work individually and with others.

Course Content

Barista Skills

- Develop knowledge of coffee and other beverages served by a barista.
- Prepare and serve a range of coffees, other hot and cold beverages using specialist equipment.

Customer Service

- Develop essential skills and knowledge to help provide positive, professional customer service.
- Develop your organisational skills.
- Develop communication skills to help create a positive impression.

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