



## PRACTICAL COOKERY

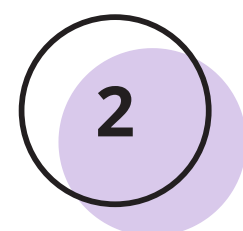
## Parents Evening Information Sheet



### COURSE AIMS

This course aims to further develop candidates' life skills and enhance their personal effectiveness in terms of cookery and provide a set of skills for those who wish to progress further in the Hospitality Industry.

In preparing candidates for life, the course anticipates their future needs and enables them 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



### HOW IS THE COURSE ASSESSED?

#### Assignment (Time Plan)

1 hour 45 minutes = 18 marks

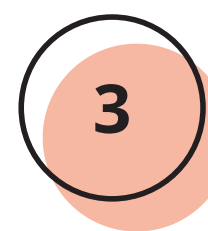
#### Practical Activity

2 hours 30 minutes - 82 marks

#### Question Paper

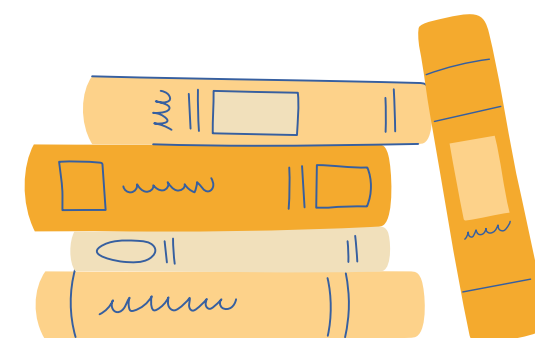
1 hour = 30 marks

The marks for each component are added together, then scaled into a percentage to give the candidate their overall grade (A-D).



### HOW CAN I WORK ON MY PRACTICAL SKILLS AT HOME?

- Practice the 'Practical Activity' recipes which can be found on the SQA website - these are previous exam recipes, so this will give you an idea on the skills that may come up in your exam (all of the exam recipes are set by the exam board, so they will change every year).
- Try making more than one recipe at the same time as this helps to improve organisational and timing skills



### HOW CAN I WORK ON MY THEORY SKILLS AT HOME?

Practice questions using past exam papers which can be found on the SQA website and Teams.

Hand in any practice questions that you have done at home for your teacher to mark and to give you feedback.



### SUPPORTED STUDY



Supported study is available every day at lunchtime and on a Wednesday from 3.40 - 4.40pm



# PROGRESSION ROUTES

Progress to National 5/Higher  
Health and Food Technology  
in S5/S6 (in school).

Courses at UHI (University of the  
Highlands and Islands):

- HNC Professional Cookery (Dornoch,  
Fort William, Thurso or Perth)
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- BA (Hons) Food, Nutrition and Textiles  
Education (Perth)
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- BA (Hons) Hospitality Management  
(Perth)

Courses at Abertay University (Dundee):

- BsC (Hons) Fitness, Nutrition and  
Health
- BsC (Hons) Food and Consumer  
Science
- BsC (Hons) Food Science, Nutrition  
and Wellbeing
- BsC (Hons) Food, Nutrition and  
Health

Glasgow Caledonian University:

- BSC(Hons) Human Nutrition and  
Dietetics

Queen Margaret University:

- BSc (Hons) Nutrition
- BSC (Hons) Dietetics

City of Glasgow College:

- Food and Beverage Operations SVQ
- Hospitality Operations NQ
- Hospitality Management HND

Glasgow Clyde College:

- Professional Cookery NQ



# NATIONAL 4 LEVEL

If a candidate does not pass the National 5 prelim, they  
can be moved to National 4 level.

There is no formal exam for National 4, to achieve this  
level candidates need to complete 3 unit assessments and  
an Added Value Unit. This will be completed over the  
course of the year in class.

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# USEFUL LINKS

Recipes:

<https://www.bbcgoodfood.com/>

SQA Past Papers:

[https://www.sqa.org.uk/pastpapers/findpastpaper.htm?  
subject=Practical+Cookery&searchText=&level=N5&inclu  
deMiVal=](https://www.sqa.org.uk/pastpapers/findpastpaper.htm?subject=Practical+Cookery&searchText=&level=N5&includeMiVal=)

SQA Understanding Standards:

[https://www.understandingstandards.org.uk/Subjects/Pr  
acticalCookery](https://www.understandingstandards.org.uk/Subjects/PracticalCookery)

YouTube videos (Practical Skills):

<https://www.youtube.com/watch?v=ESiZipL-0eY>

YouTube Videos (Theory):

<https://www.youtube.com/watch?v=2SmiX6JsZ4w>

Achieve:

<https://achieve.hashtag-learning.co.uk/user-start/?next=>



Remember to use all the resources on Teams