

National 4 Hospitality (Practical Cookery)



Entry Level:

Students should have completed the S3 Elective Hospitality or Health & Food Technology Course and gained the relevant REHIS qualification for their respective course.

A high level of motivation and self-discipline will be expected. Students will be required to work independently on research and homework tasks.

Students will be expected to prepare and cook a variety of dishes using a wide range of ingredients many of which may be unfamiliar or not to the student's personal choice. Specific dietary requirements/beliefs can be accommodated but must be discussed prior to starting the course as SQA approval may be required for alternative ingredients.

The areas of study are similar for National 4 and 5, so everyone will do the same course and a decision about your final level will be made after completion of the first unit of study.

Course Content:

There are 4 mandatory units of study:

Cookery Skills, Techniques and Processes (National 4) - This Unit aims to develop learners' cookery skills, food preparation techniques, and their ability to follow cookery processes, in the context of producing dishes with minimal guidance. Learners will also develop an understanding of the importance of safety and hygiene and the ability to follow safe and hygienic practices at all times.

Understanding and Using Ingredients (National 4) - This Unit aims to develop learners' knowledge and understanding of ingredients from a variety of different sources and their uses. It also addresses the importance of responsible sourcing of ingredients and of current dietary advice. Learners will develop an ability to select and use appropriate ingredients, with minimal guidance, in the preparation of dishes and to do so safely and hygienically.

Organisational Skills for Cooking (National 4) - This Unit aims to develop learners' organisational and time management skills. Learners will acquire the ability to follow recipes and time plans to produce dishes, with minimal guidance, and to work safely and hygienically. They will also further develop the ability to carry out an evaluation of the product.

Added Value Unit: Producing a Meal (National 4) - This Unit aims to enable learners to draw on the knowledge, understanding and skills developed in the other three Units. Learners will carry out a practical activity which will require them to prepare, cook and present a two-course meal to a given specification within a given timescale. It will require learners to demonstrate their ability to follow safe and hygienic practices throughout

Assessment:

To achieve the National 4 Hospitality: Practical Cookery Course, learners must pass all of the required Units, including the Added Value Unit.

National 4 Courses are not graded.

Homework:

Homework will be given at regular intervals throughout each unit of work and may include practicing food preparation techniques, planning for practical work, evaluation of dishes made.

Progression:

Students who successfully complete this course may progress to National 5 Hospitality Practical Cookery or choose to study Health & Food Technology.

Additional Information:

Due to the high level of practical cookery undertaken there is a cost implication for this course currently set at £80 for this year. Places on this course are conditional on payment being received or alternative arrangements for payment being made prior to the summer holidays

National 5 Hospitality (Practical Cookery)

Entry Level: Students should have completed the S3 Elective Hospitality or Health & Food Technology Course and gained the relevant REHIS qualification for their respective course.

A high level of motivation and self-discipline will be expected. Students will be required to work independently on research and homework tasks.

Students will be expected to prepare and cook a variety of dishes using a wide range of ingredients many of which may be unfamiliar or not to the student's personal choice. Specific dietary requirements/beliefs can be accommodated but must be discussed prior to starting the course as SQA approval may be required for alternative ingredients.

Due to the high level of practical cookery undertaken there is a cost implication for this course currently set at £80 for this year. Places on this course are conditional on payment being received or alternative arrangements for payment being made prior to the summer holidays.

Course description:

The course is made up of three areas of study:-

Cookery Skills, Techniques & Processes focuses on the development of practical skills (Weighing & Measuring, Following a recipe, Knife skills, Food presentation) and gaining an understanding of the different cookery processes and how they affect food.

Understanding & using ingredients focuses on the source, function and storage of ingredients.

Contemporary Food issues such as sustainability, labelling and Health will also be covered

Organisation of Practical skills combines the knowledge from previous units and develops the ability to plan and evaluate work processes.

Assessment

There are two components within the final assessment

Practical activity (70% of final mark)

This requires the candidate to prepare and serve a given three course meal within 2 hours 30 mins.

The activity has two parts;

Planning for practical activity – Time-plan, Equipment requisition and service details. These are completed under exam conditions using unseen recipes. Marked by SQA

Practical Activity – Preparation and service of given dishes to restaurant standards.

Internally assessed & marks submitted to SQA.

This assessment takes place in February/March – check school calendar for dates.

Written examination (30% of final marks)

This will cover the theoretical aspects of the course content.