

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. Students who do not have a REHIS certificate will be expected to study for this in addition to completing coursework.

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 initially follow the same course and a decision about final level will be made after completion of the first unit.

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 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 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 ingredients in the preparation of dishes.

Organisational skills for cooking (Nat 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 within a given time period. They will also develop the ability to carry out an evaluation on a new product.

Added value unit: Producing a meal (National 4) – this unit aims to enable learners to draw on the knowledge, skills and understanding 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 time scale.

Assessment

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

National 4 courses are not graded.

Progression:

Students who successfully complete this course may progress to National 5 Hospitality Practical Cookery.

National 5 Practical Cookery

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Course description:

The course, which is practical and experiential in nature, develops a range of cookery skills and food preparation techniques, as well as planning, organisational and time management skills, in hospitality-related contexts. Through its emphasis on safety and hygiene, the course instils in students an understanding of the need to follow safe and hygienic practices.

Through studying this course students will develop skills and knowledge in the following areas:

- using food preparation techniques and cookery processes in the preparation of dishes

- understanding and demonstrating knowledge of the importance of food safety and hygiene and its application in the practical context
- selecting, weighing, measuring and using appropriate ingredients to prepare and garnish or decorate dishes
- understanding and demonstrating knowledge of the characteristics of a range of ingredients, and their function in a practical context
- understanding and demonstrating knowledge of the importance of sourcing sustainable ingredients
- understanding and demonstrating knowledge of current dietary advice relating to the use of ingredients
- following recipes in the preparation of dishes and carrying out an evaluation of the product
- planning, costing, organisational and time management skills in a cookery context
- producing, portioning and presenting dishes appropriately

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 minutes.

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 and is undertaken during the main SQA examination diet.

Homework

Students will be required to undertake planning, research and evaluative tasks for homework on a weekly basis. Completion of planning tasks will prepare students for the following practical lesson and will enable them to achieve success within time pressured practical situations.