



Course Overview: N5 Practical Cookery

Course Content

- 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.

Course Content

- 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.

Course Content

- 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.

Course Assessment


■ ONGOING CLASS ASSESSMENT

- *Past paper practice*
- *Homework exercises*
- *Class tests*
- *Prelim*

■ FINAL SQA ASSESSMENT

- *Component 1 - Question Paper has a total mark allocation of 30 marks. This is 25% of the overall marks for the course assessment.*
- *Component 2 - Assignment (18 marks) & Component 3 - Practical Activity (82 marks) have a total mark allocation of 100 marks. This is 75% of the overall marks for the course assessment*

Course Timeline

Month	Activity	Month	Activity
August	Cookery Skills, Techniques & Processes; Organisational Skills for Cooking;	January	Skills, knowledge and understanding for the course continues
September	Understanding & Using Ingredients	February	Coursework continues & Practice SQA Exam Dishes
October		March	SQA Assignment & SQA Practical Activity
November	Practice of Prelim Exam Dishes & Prelim Assignment	April	<i>Easter Revision</i>
December	<i>Prelim Exam Diet</i> - <i>Practical Activity</i> - <i>Question Paper</i>	May	<i>SQA Exams</i>

Other Information

- [SQA Course Specifications](#)
- [SQA Past Papers](#)
- [SQA Understanding Standards](#)
- Parent Forum – [In a Nutshell](#) series