



Health & Food Technology

Practical Cookery N4/N5



What will I be learning?

In S3/S4, you will attend Practical Cookery four periods per week and will study the following topic areas:

- Working safely and hygienically
- How to plan & produce meals
- Current Dietary Advice
- Food Storage
- How to garnish dishes
- Cookery Processes & Preparation Techniques
- Sustainability
- Understanding & Using ingredients.
- Costing a recipe

How will I be assessed?

The National 5 Practical Cookery consists of Three Main Components:

Assignment - (18 Marks)

Practical Activity - (82 Marks)

Question Paper - (30 Marks)

The main part of the Practical Cookery course and weighing 60% of the final grade is the Practical Activity. Pupils are expected to produce a Three course meal in 2.5 hours. Pupils also undertake an assignment weighing 15% of the final grade.

The assignment includes preparations for the practical activity and producing a time plan to follow, weighing 15% of final grade.

The question paper will be undertaken during study leave and last approximately 1 hour (weighing 25% of final grade). The questions consist of knowledge learned throughout the two year course.

You will sit a prelim in December as part of the whole school prelim diet, The prelim papers cover the full course. Like the exam.

N4 pupils will sit two-unit assessments consisting of producing a two-course meal for both combined unit and Added Value Unit.

What does homework look like?

You will receive one piece of homework per week.

The homework for Practical Cookery is in the form of a booklet which contains a variety of exam style questions, assignment preparation and multiple choices quizzes.

All reminders of homework will be available on Satchel One (See your teacher in class if you need help accessing Satchel One).

There is a Microsoft Teams page for easy access to any resources covered in class.