



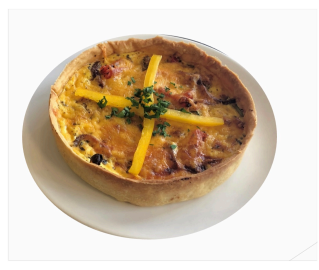
## COOKERY PROCESSES & TECHNIQUES



### You will

- enhance your cookery skills, food preparation techniques and ability to follow cookery processes
- further develop your understanding of the importance of safety and hygiene and your ability to follow safe and hygienic practices at all times.

## UNDERSTANDING & USING INGREDIENTS



### You will

- enhance your knowledge and understanding of ingredients from a variety of different sources
- learn about the importance of sustainability, the responsible sourcing of ingredients and of current dietary advice
- develop your ability to select and use a range of ingredients in the preparation of dishes.

### You will :

- extend your planning, organisational and time management skills
- further develop your ability to follow recipes; to plan, produce and cost dishes and meals; and to work safely and hygienically
- gain more experience in evaluating the product

## ORGANISATION OF PRACTICAL SKILLS



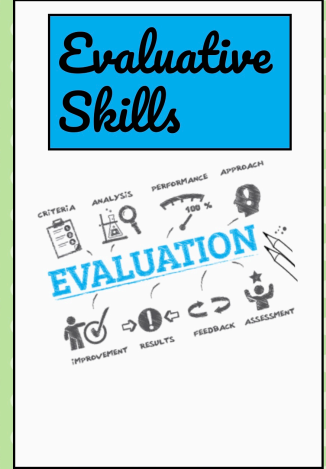
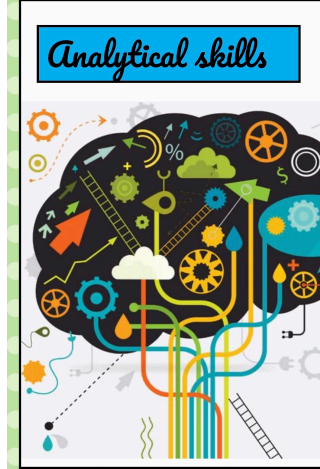


# Skill Development

**Transferable skills developed in Practical Cookery:**

- Organisation & Time management
- Bespoke Practical Skills
- Safe and Hygienic Working Practices
- Team working & Responsibility
- Problem solving
- Creativity
- Decision making & Communication



## Careers

The skills that you develop in N5 Practical Cookery are useful in many different career areas, such as food preparation and service, food and drink manufacturing, Food photography, entrepreneurship, teaching, advertising, hospitality and tourism, food Product Development and many more. !






# Hospitality, Leisure & Tourism

You could work in **Accommodation Operations or Management, Food and Drink Preparation or Operations, Travel and Tourism**

## Useful subjects to study in school

### National Subjects

(National 4, 5 and Higher)

Administration and IT  
Business Management  
Health and Food Technology  
Hospitality: Practical Cake Craft  
Hospitality: Practical Cookery  
Modern Languages

### School/College Partnership Options

SfW Hospitality  
SfW Travel and Tourism  
NPA Activity Tourism  
NPA Bakery  
NPA Hospitality  
NPA Professional Cookery

### Foundation Apprenticeship

Business Skills

## Leaving School with Qualifications at:

National 4,  
National 5

or  
College course at  
SCQF Levels  
4 and 5

or

Highers or  
College course or  
Foundation  
Apprenticeship  
at SCQF Level 6

## Progression Routes (There may also be other courses available in your local area)

### Further Education - NC, NQ and NPA (SCQF Levels 5 and 6)

Activity and Adventure Tourism, Bakery, Cabin Crew Operations, Catering and Hospitality, Hospitality Operations, International Travel (with Airport Operations), Practical Cookery Skills, Professional Cookery, Retail Travel, Travel and Tourism, Tour Guiding

### Workplace Learning - Modern Apprenticeships (SCQF Levels 5 and 6)

Hospitality, Professional Cookery

### Workplace Learning - Modern Apprenticeships (SCQF Level 7)

Hospitality Supervision and Leadership

### Higher Education at College - HNC and HND (SCQF Level 8)

Hospitality Management Skills

### University Degree - BA Hons (SCQF Levels 9 and 10)

Adventure Tourism Management, Heritage and Tourism, Hospitality, Hospitality and Tourism Management, International Tourism Management, Marine and Coastal Tourism

## Your Personal Qualities

### Your Core Skills are

Adaptability, Communication, Creative Thinking, Decision Making, Leadership, Numeracy, Proactivity, Resilience, Teamwork

### You are

Confident, Enthusiastic, Observant, Sociable, Responsible

### You're interested in

Cookery and Food, Culture, People, Travel, Working in Hotel Industry

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## Progression in the Senior Phase

## Progression in S5/S6



### National 5 Health & Food Technology



### Higher Health & Food Technology



### Advanced Higher Health and Food Technology in S6



## How Will I be Assessed?

### How will I be assessed?

#### Course Assessment

The course assessment has **three components totalling 130 marks**:

- Component 1: question paper - worth 30 marks
- Component 2: assignment - worth 18 marks
- Component 3: practical activity - worth 82 marks.

Component 2 and component 3 are inter-related and will be assessed using one activity. You will carry out one task - planning and producing a meal - which will provide evidence for both components.

Both the assignment and the question paper will be set and externally marked by the Scottish Qualifications Authority (SQA).

The practical activity will be set by SQA and will be assessed internally, with external quality assurance by SQA.

The grade awarded is based on the total marks achieved across all course assessment components.

The course assessment is graded A-D.

PIC-COLLAGE

**Any Questions? Please speak to your class teacher**



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