



Practical Cookery (National 4)

Draft National Course Specification



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Please refer to the note of changes at the end of this Course Specification for details of changes from previous version (where applicable).

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Course outline

Course title: Practical Cookery (National 4)

SCQF: level 4 (24 SCQF credit points)

Course code: to be advised

Mandatory Units

Cookery Skills, Processes and Techniques (National 4) 6 SCQF credit points

Understanding and Using Ingredients (National 4) 6 SCQF credit points

Organisational Skills for Cooking (National 4) 6 SCQF credit points

Added Value Unit

Producing a Meal (National 4) 6 SCQF credit points

This Course includes six SCQF credit points for the assessment of added value in the Added Value Unit. Further information on this Unit is provided in the Assessment section.

Recommended entry

Entry to this Course is at the discretion of the centre. However, learners would normally be expected to have attained the skills and knowledge required by one or more of the following or by equivalent experience or qualifications:

- ◆ Hospitality: Practical Cookery (Access 3 or relevant component Units)
- ◆ Health and Food Technology (Access 3 or relevant component Units)

In terms of prior learning and experience, relevant experiences and outcomes may also provide an appropriate basis for doing this Course. Further information on relevant experiences and outcomes will be given in the *Course Support Notes*.

Progression

This Course or its components may provide progression to:

- ◆ other SQA qualifications in Hospitality or related areas
- ◆ further study, employment or training

Further details are provided in the Rationale section.

Equality and inclusion

This Course Specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence. For further information, please refer to the *Course Support Notes* and the *Course Assessment Specification*.

Rationale

All new and revised National Courses reflect Curriculum for Excellence values, purposes and principles. They offer flexibility, provide more time for learning, more focus on skills and applying learning, and scope for personalisation and choice.

In this Course, and its component Units, there will be an emphasis on skills development and the application of those skills. Assessment approaches will be proportionate and fit for purpose and will promote best practice, enabling learners to achieve the highest standards they can.

This Course provides learners with opportunities to continue to acquire and develop the attributes and capabilities of the four capacities as well as skills for learning, skills for life and skills for work.

All Courses provide opportunities for learners to develop breadth, challenge and application, but the focus and balance of the assessment will be appropriate for the subject area.

Relationship between the Course and Curriculum for Excellence values, purposes and principles

The Course builds on the principles and practice paper and the relevant experiences and outcomes for the technologies and health and wellbeing curriculum areas. It enables learners to develop cookery-related knowledge, understanding and skills, and to use them at home, in the wider community and, ultimately, in employment. The Course lays foundations for lifelong learning and a successful working life.

The Course will develop successful learners who achieve through participating in engaging, motivating and relevant learning experiences in real-life hospitality contexts; and confident individuals who derive satisfaction from being able to produce dishes and meals and from having their achievements and skills recognised.

The Course will also develop responsible citizens who actively participate in the work of the class, develop awareness of issues affecting society, such as health and wellbeing, sustainability and seasonality of produce, and take on organisational tasks; and effective contributors who share their views with others, effectively contributing to group tasks and supporting their peers whenever appropriate.

The Course also develops a range of skills for learning, life and work, which have a universal application and are essential to individuals' effective functioning in all three spheres. This includes aspects of numeracy and thinking skills, and those supporting physical wellbeing.

Purpose and aims of the Course

The Scottish catering and hospitality industries are large, vibrant and growing, collectively employing a significant proportion of the nation's workforce. Throughout Scotland, employers have been unanimous in their calls for well-educated and skilled workers capable of further professional development, and this qualification in Practical Cookery aims to answer this call.

The main purpose of this Course is to develop learners' practical cookery skills and their knowledge and understanding of ingredients and to provide a set of foundation skills for those who wish to progress to professional hospitality courses or work.

The Course aims to enable learners to:

- ◆ become familiar with a range of basic cookery skills, simple food preparation techniques and simple cookery processes
- ◆ acquire an understanding of ingredients and their uses and an awareness of responsible sourcing and sustainability
- ◆ develop an awareness of the impact of the choice of ingredients on health and wellbeing
- ◆ follow simple recipes to produce simple dishes
- ◆ plan and produce simple meals and present them appropriately
- ◆ develop an understanding of the importance of food safety and hygiene and work safely and hygienically

The broad structure of the Course meets its purpose and aims, which are addressed by the four Units it comprises.

The Course contains a significant practical component, which involves experiential learning, and is supported by related theory. It uses real-life hospitality contexts, which makes it relevant to the world of work. Its uniqueness lies in introducing learners to practical cookery in hospitality-related contexts.

The Course makes an important contribution to general education through developing a range of essential skills which will stand learners in good stead regardless of the career path they ultimately choose. Its contribution to vocational education is just as significant because it opens up progression to a range of careers in the catering and hospitality industries. The Course also supports the wider curriculum through developing learners' awareness of the importance of responsible sourcing of ingredients and sustainability.

Information about typical learners who might do the Course

This Course is designed for those who are interested in food and cooking and who enjoy being creative with food. Learners who have chosen to follow it may wish to utilise their cookery knowledge and skills at home, in the wider community or, ultimately, in employment. Although entry is at the discretion of centres, learners are expected to have reached SCQF level 3 in terms of relevant qualifications and/or experience.

The Course takes into account the needs of all learners in that it recognises that young people achieve in different ways and at a different pace. Neither the mode nor the period of delivery is prescribed, and centres will be free to demonstrate a

range of teaching methods and to draw on a range of mechanisms supporting delivery.

Learners will develop a range of both generic and subject-specific skills, including basic cookery skills and food preparation techniques and the ability to follow simple cookery processes; the ability to choose, weigh and measure ingredients and calculate proportions; and the ability to follow simple recipes to produce simple dishes and to evaluate the process and the product.

Learners will also develop the ability to plan and produce simple meals and to present them appropriately; the ability to work safely and hygienically; and planning, organisational and time management skills in the cookery context.

The Course will support learners' personal and social development and will serve them very well in their day-to-day lives, as well as preparing them for further training and employment in a wide range of hospitality-related areas. Whatever path they choose, those who have completed this Course will thus be able to play their part in the economic and social life of the 21st century effectively.

This Course opens up a range of progression routes — both vertical and lateral — to further education, including other NQs, Skills for Work, NCs and SVQs. It may also lead to employment and/or training in the hospitality and catering sector.

Course structure and conditions of award

Course structure

The Course, which is practical and experiential in nature, develops a range of basic cookery skills and food preparation techniques, as well as basic planning, organisational and time management skills, in hospitality-related contexts. Through its emphasis on safety and hygiene, it will ingrain in learners the ability to follow safe and hygienic practices in all cookery contexts. It also develops the thinking skills of understanding, applying and simple evaluation, aspects of numeracy and skills supporting physical wellbeing.

This Course comprises four mandatory Units. All Units form a coherent whole, with learners' skills and related knowledge and understanding being systematically developed throughout the Course.

Units are statements of standards for assessment and not programmes of learning and teaching. They can be delivered in a variety of ways.

Cookery Skills, Processes and Techniques (National 4)

This Unit aims to develop learners' basic cookery skills and food preparation techniques, and the ability to follow simple cookery processes, in the context of producing simple dishes. Learners will also develop a basic 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' basic knowledge and understanding of ingredients and their uses. It also addresses the importance of sustainability and the responsible sourcing of ingredients and the impact of their choice on health and wellbeing. Learners will develop a basic ability to select and use appropriate ingredients in the preparation of simple dishes and to do so safely and hygienically.

Organisational Skills for Cooking (National 4)

This Unit aims to develop learners' basic planning, organisational and time management skills and their awareness of the key attributes relevant to the hospitality industry. Learners will acquire the ability to follow simple recipes, to plan and produce simple dishes and meals for specified occasions and to work safely and hygienically. They will also develop the ability to carry out a simple evaluation of the process and 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 involve producing a simple meal to a given specification. The activity brief will require learners to plan, prepare and cook a two-course meal for a set number of people within a given timescale and to present it appropriately. While the brief will be sufficiently open and flexible to allow personalisation and choice, it will require learners to demonstrate their ability to follow safe and hygienic practices throughout.

Conditions of award

To achieve the Practical Cookery (National 4) Course, learners must pass all of the required Units, including the Added Value Unit. The required Units are shown in the Course outline section.

National 4 Courses are not graded.

Skills and knowledge

Full skills and knowledge for the Course will be given in the *Course Assessment Specification*. A broad overview of the mandatory subject skills, knowledge and understanding that will be covered in the Course includes:

- ◆ using basic cookery skills and following basic cookery processes and food preparation techniques in the preparation of simple dishes
- ◆ understanding the importance of food safety and hygiene and working safely and hygienically
- ◆ choosing appropriate ingredients and weighing/measuring them in the preparation of simple dishes
- ◆ awareness of the importance of responsible sourcing of ingredients and sustainability
- ◆ awareness of the impact of the choice of ingredients on health and wellbeing
- ◆ following simple recipes in the preparation of simple dishes and carrying out a simple evaluation of the process and the product
- ◆ basic planning, organisational and time management skills in a familiar cookery context
- ◆ planning and producing simple meals, taking into account the type of occasion, the number of people and the cost/portion size, and presenting them appropriately

Assessment

Information about assessment for the Course will be included in the *Course Assessment Specification*, which will provide full details including advice on how a learner's overall attainment for the Course will be determined.

Unit assessment

All Units are internally assessed against the requirements shown in the Unit Specification.

They can be assessed on a Unit-by-Unit basis or by combined assessment.

They will be assessed on a pass/fail basis within centres. SQA will provide rigorous external quality assurance, including external verification, to ensure assessment judgements are consistent and meet national standards.

The assessment of the Units in this Course will be as follows:

Cookery Skills, Processes and Techniques (National 4)

In this Unit, learners will be required to provide evidence of their:

- ◆ basic cookery skills, basic food preparation techniques and ability to follow basic cookery processes in the preparation of simple dishes
- ◆ ability to work safely and hygienically

Understanding and Using Ingredients (National 4)

In this Unit, learners will be required to provide evidence of their:

- ◆ basic ability to select appropriate ingredients and to use them in the preparation of simple dishes
- ◆ ability to work safely and hygienically
- ◆ awareness of the impact of the choice of ingredients on health and wellbeing
- ◆ awareness of the importance of responsible sourcing of ingredients and sustainability

Organisational Skills for Cooking (National 4)

In this Unit, learners will be required to provide evidence of their ability to:

- ◆ follow simple recipes to produce simple dishes and to carry out a simple evaluation of the process and the product
- ◆ plan simple dishes and meals
- ◆ work safely and hygienically

Added Value Unit

Courses from National 4 to Advanced Higher include assessment of [added value](#)¹. At National 4, added value will be assessed in an Added Value Unit. The Added Value Unit will address the key purposes and aims of the Course as

¹ Definitions can be found here: www.sqa.org.uk/sqa/45528.html

defined in the Course Rationale. It will do this by addressing one or more of breadth, challenge and application.

In this Course, the Added Value Unit will focus on challenge and application.

The learner will be assessed by a [practical activity](#)² drawing on the knowledge, understanding and skills developed across the Course. The activity will require learners to extend cookery-related knowledge, understanding and skills and to apply them in the production of a simple meal to a given specification. Learners will plan, prepare and cook a simple two-course meal for a set number of people within a given timescale and present it appropriately. The activity brief will be sufficiently open and flexible to allow for personalisation and choice.

Exemplification of possible approaches for these Units will be provided in the *National Assessment Resource*.

² Definitions can be found here: www.sqa.org.uk/sqa/45528.html

Development of skills for learning, skills for life and skills for work

(Note: The information given below reflects the initial thinking on significant opportunities for development of skills for learning, skills for life and skills for work. These may be subject to change as the development process progresses.)

It is expected that learners will also develop broad generic skills through this Course. The skills that are likely to be appropriate for this Course are based on SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work* and drawn from the main skills areas listed below. These must be built into the Course where there are appropriate opportunities.

2 Numeracy

- 2.1 Number Processes
- 2.2 Money, Time and Measurement

3 Health and wellbeing

- 3.3 Physical Wellbeing

5 Thinking skills

- 5.1 Remembering
- 5.2 Understanding
- 5.3 Applying

Amplification of these is given in SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work*. The level of these skills will be appropriate to the level of the Course. Further information on building in skills for learning, skills for life and skills for work for the Course is given in the *Course Support Notes*.

Administrative information

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Superclass: to be advised

History of changes to National Course Specification

Course details	Version	Description of change	Authorised by	Date

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