



National 3
Course
Specification



National 3 Practical Cookery Course Specification (C877 73)

Valid from August 2013

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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: National 3 Practical Cookery

SCQF: level 3 (18 SCQF credit points)

Course code: C877 73

Mandatory Units

H20H 73	Cookery Skills, Techniques and Processes (National 3)	6 SCQF credit points
H20L 73	Understanding and Using Ingredients (National 3)	6 SCQF credit points
H20M 73	Organisational Skills for Cooking (National 3)	6 SCQF credit points

Recommended entry

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

- ◆ National 2 Food, Health and Wellbeing Course 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.

Progression

This Course or its Units may provide progression to:

- ◆ other qualifications in Hospitality or related areas
- ◆ further study, employment and/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*.

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, 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 builds on any cookery skills that learners might already have, and develops their life skills, enhances personal effectiveness and lays foundations for lifelong learning.

The Course develops successful learners who achieve through participating in engaging, motivating and relevant learning experiences in the cookery context and confident individuals who derive satisfaction from learning how to cook for themselves and others and from having their achievements recognised.

Learners become responsible citizens who take on organisational tasks willingly and become aware of their obligations. The Course also develops effective contributors who share their views with others, effectively contributing to group tasks and supporting their peers whenever appropriate.

The Course develops skills for learning, skills for life and skills for work, which include aspects of numeracy and thinking skills.

Purpose and aims of the Course

This Course aims to develop learners' life skills and enhance their personal effectiveness in terms of basic cookery and to provide a set of foundation skills for those who wish to progress to further study in the hospitality context. In preparing learners for life, the Course anticipates their future needs in that it enables them to learn how to prepare and cook food for themselves and others. It also develops their basic organisational skills.

The Course aims to enable learners to:

- ◆ use a range of basic cookery skills, food preparation techniques and cookery processes when following recipes
- ◆ select and use ingredients to produce and garnish or decorate dishes
- ◆ acquire a basic understanding of ingredients and their uses
- ◆ acquire an awareness of current dietary advice relating to the use of ingredients
- ◆ work safely and hygienically

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

The Course involves experiential learning, encouraging the integration of skills, knowledge and understanding through practical activity.

The Course develops a range of essential skills which will prepare learners for life and for further learning in a vocational context.

Information about typical learners who might do the Course

This Course is designed for all learners but may be of particular interest to those who are interested in food and cooking and want to develop basic skills in this area. Learners who have completed the Course will be able to build on these foundations by embarking on further study and to use the acquired cookery knowledge, understanding and skills at home, in the wider community and, ultimately, the hospitality industry.

The Course takes into account the needs of all learners by providing sufficient flexibility to enable them to 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 skills, including basic cookery and organisational skills. They will also develop the ability to select and use ingredients, to prepare dishes and present them appropriately and to work safely and hygienically.

The Course will support learners' personal and social development and will serve them very well in their everyday lives, as well as preparing them for the next stage in their education and, ultimately, for entering the world of work.

This Course opens up a range of progression routes — both vertical and lateral — to further education. It may also, ultimately, lead to employment and/or training in the hospitality industry.

Course structure and conditions of award

Course structure

The Course, which is practical and experiential in nature, develops basic cookery and organisational skills in hospitality-related contexts. Through its emphasis on safety and hygiene, it will engrain in learners the ability to work safely and hygienically in all cookery contexts. It also develops the thinking skills of understanding and applying and aspects of numeracy.

This Course comprises three 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 number of ways.

Cookery Skills, Techniques and Processes (National 3)

This Unit aims to develop learners' basic cookery skills in the context of producing dishes with guidance. Learners will also develop an appreciation of the importance of safety and hygiene and the ability to work safely and hygienically.

Understanding and Using Ingredients (National 3)

This Unit aims to introduce learners to a range of ingredients and their uses. It also introduces learners to current dietary advice relating to the use of ingredients. Learners will develop an ability to select and use ingredients, with guidance, in the preparation of dishes and to work safely and hygienically.

Organisational Skills for Cooking (National 3)

This Unit aims to develop learners' basic organisational skills. Learners will acquire the ability to produce dishes (with guidance and by following a given plan), to present them appropriately and to work safely and hygienically. They will also develop the ability to carry out an evaluation of the product.

Conditions of award

To achieve the National 3 Practical Cookery Course, learners must pass all of the required Units. The required Units are shown in the Course outline section.

National 3 Courses are not graded.

Skills, knowledge and understanding

Full skills, knowledge and understanding for the Course are given in the *Course Support Notes*. A broad overview of the subject skills, knowledge and understanding that will be covered in the Course is given in this section.

This includes:

- ◆ using food preparation techniques and cookery processes, with guidance, in the preparation of a range of dishes
- ◆ working safely and hygienically
- ◆ selecting, weighing, measuring and using appropriate ingredients, with guidance, to prepare and garnish or decorate dishes
- ◆ identifying a range of ingredients and their uses
- ◆ demonstrating an awareness of the availability of local and seasonal ingredients
- ◆ identifying current dietary advice relating to the use of ingredients
- ◆ following recipes, with guidance, to prepare dishes
- ◆ carrying out, with guidance, an evaluation of the product

Skills, knowledge and understanding to be included in the Course will be appropriate to the SCQF level of the Course. The SCQF level descriptors give further information on characteristics and expected performance at each SCQF level (www.sqa.org.uk/scqf).

Assessment

Further information about assessment for the Course is included in the *Course Support Notes*.

Unit assessment

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

They can be assessed on an individual Unit basis or by using other approaches which combine the assessment for more than one Unit.

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

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

Cookery Skills, Techniques and Processes (National 3)

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

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

Understanding and Using Ingredients (National 3)

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

- ◆ apply their understanding of a range of ingredients
- ◆ select appropriate ingredients and use them in the preparation of dishes
- ◆ work safely and hygienically

Organisational Skills for Cooking (National 3)

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

- ◆ follow recipes and implement a given time plan to produce dishes
- ◆ carry out an evaluation of the dishes
- ◆ work safely and hygienically

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

It is expected that learners will develop broad, generic skills through this Course. The skills that learners will be expected to improve on and develop through the 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

2.2 Money, time and measurement

5 Thinking skills

5.2 Understanding

5.3 Applying

Amplification of these skills 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

Published: August 2019 (version 2.0)

History of changes to National Course Specification

Course details	Version	Description of change	Authorised by	Date
	1.1	Skills, knowledge and understanding — amended for clarification.	Qualifications Development Manager	June 2013
	2.0	Course re-named and re-coded.	Qualifications Manager	August 2019

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