



National 4
Course
Specification



National 4 Practical Cookery Course Specification (C877 74)

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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 4 Practical Cookery

SCQF: level 4 (24 SCQF credit points)

Course code: C877 74

Mandatory Units

H20H 74	Cookery Skills, Techniques and Processes (National 4)	6 SCQF credit points
H20L 74	Understanding and Using Ingredients (National 4)	6 SCQF credit points
H20M 74	Organisational Skills for Cooking (National 4)	6 SCQF credit points

Added Value Unit

H20 P 74 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:

- ◆ National 3 Practical Cookery Course or relevant component Units
- ◆ National 3 Health and Food Technology 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. Further information on relevant experiences and outcomes is given in the *Course Support Notes*.

Progression

This Course or its Units may provide progression to:

- ◆ other 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*.

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 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.

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 seasonality of produce, and take on organisational tasks; and effective contributors who share their views with others and support their peers whenever appropriate.

The Course also develops a range of 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 cookery and to provide a set of 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 organisational skills, which have an application in a variety of contexts.

The Course aims to enable learners to:

- ◆ use a range of cookery skills, food preparation techniques and cookery processes when following recipes
- ◆ select and use ingredients to produce and garnish or decorate dishes
- ◆ develop an understanding of ingredients and their uses and an awareness of responsible sourcing
- ◆ develop 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 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.

The Course makes an important contribution to general education through developing a range of essential skills which will stand learners in good stead. Its contribution to vocational education is important because it allows progression to a range of careers in the hospitality industry. The Course also supports the wider curriculum through developing learners' awareness of the importance of responsible sourcing of ingredients.

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 the hospitality industry.

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 practical cookery skills, including food preparation techniques and the ability to follow cookery processes; the ability to choose, weigh and measure ingredients and calculate proportions; and the ability to follow recipes to produce dishes and to evaluate the product.

Learners will also develop the ability to, with guidance, plan and produce meals and to present them appropriately; the ability to work safely and hygienically; and 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 everyday lives, as well as preparing them for further training and employment in a wide range of hospitality-related areas.

This Course opens up a range of progression routes — both vertical and lateral — to further education, including other National Qualifications, Skills for Work Courses, National Certificates and Scottish Vocational Qualifications. It may also 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 a range of cookery skills and food preparation techniques, as well as 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 remembering, understanding and applying and aspects of numeracy.

This Course comprises four mandatory Units, including the Added Value Unit. 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 4)

This Unit aims to develop learners' cookery skills, food preparation techniques, and their ability to follow cookery processes, in the context of producing dishes with minimal guidance. Learners will also develop an 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' knowledge and understanding of ingredients from a variety of different sources and their uses. It also addresses the importance of responsible sourcing of ingredients and of current dietary advice. Learners will develop an ability to select and use appropriate ingredients, with minimal guidance, in the preparation of dishes and to do so safely and hygienically.

Organisational Skills for Cooking (National 4)

This Unit aims to develop learners' organisational and time management skills. Learners will acquire the ability to follow recipes and time plans to produce dishes, with minimal guidance, and to work safely and hygienically. They will also further develop the ability to carry out an evaluation of 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 require them to prepare, cook and present a two-course meal to a given specification within a given timescale. It will require learners to demonstrate their ability to follow safe and hygienic practices throughout.

Conditions of award

To achieve the National 4 Practical Cookery 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, knowledge and understanding

Full skills, knowledge and understanding for the Course are given in the *Added Value Unit Specification*. A broad overview of the mandatory subject skills, knowledge and understanding that will be assessed in the Course is given in this section. This includes:

- ◆ using food preparation techniques and cookery processes, with minimal guidance, in the preparation of a range of dishes
- ◆ understanding the importance of food safety and hygiene and working safely and hygienically
- ◆ selecting, weighing, measuring and using appropriate ingredients, with minimal guidance, to prepare and garnish or decorate dishes
- ◆ awareness of the importance of responsible sourcing of ingredients
- ◆ awareness of current dietary advice relating to the use of ingredients
- ◆ following recipes in the preparation of dishes and carrying out an evaluation of the product, with minimal guidance
- ◆ organisational and time management skills in a familiar cookery context
- ◆ producing and presenting dishes appropriately

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* and the *Added Value Unit Specification*.

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 judgements are consistent and meet national standards.

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

Cookery Skills, Techniques and Processes (National 4)

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 4)

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 4)

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

- ◆ follow recipes and implement a time plan to produce dishes
- ◆ carry out an evaluation of the dishes
- ◆ 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 defined in the Course rationale. It will do this by addressing one or more of breadth, challenge and application.

¹ Definitions can be found here: www.sqa.org.uk/sqa/58409.html

In the National 4 Practical Cookery Course, the Added Value Unit will focus on:

- ◆ challenge
- ◆ 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 meal to a given specification. Learners will prepare and cook a two-course meal for a given number of people within a given timescale and present it appropriately.

² Definitions can be found here: www.sqa.org.uk/sqa/58409.html

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

4 Employability, enterprise and citizenship

4.1 Employability

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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History of changes to National Course Specification

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

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