



Producing a Meal (National 4) Added Value Unit

SCQF: level 4 (6 SCQF credit points)

Unit code: H20P 74

Unit outline

This is the Added Value Unit in the National 4 Practical Cookery Course. The general aim of this Unit is to enable the learner to provide evidence of added value for the National 4 Practical Cookery Course through the successful completion of a practical activity which will allow the learner to demonstrate challenge and application.

Learners who complete this Unit will be able to:

- 1 Produce a two-course meal, safely and hygienically

This Unit is a mandatory Unit of the National 4: Practical Cookery Course and is also available as a freestanding Unit. The Unit Specification should be read in conjunction with the *Course Support Notes*, which provide advice and guidance on delivery and assessment approaches. Exemplification of the assessment in this Unit is given in the *National Assessment Resource*.

Recommended entry

Entry to this Unit is at the discretion of the centre. It is recommended that the learner should be in the process of completing, or have completed, the following Units in the National 4 Practical Cookery Course:

- ◆ Cookery Skills, Techniques and Processes (National 4)
- ◆ Understanding and Using Ingredients (National 4)
- ◆ Organisational Skills for Cooking (National 4)

Equality and inclusion

This Unit 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*.

Standards

Outcomes and assessment standards

Outcome 1

The learner will:

- 1 Produce a two-course meal, safely and hygienically, by:**
 - 1.1 Preparing a list of required ingredients, equipment and service details
 - 1.2 Weighing and measuring the ingredients accurately
 - 1.3 Preparing the ingredients and controlling the cookery processes
 - 1.4 Serving and finishing the dishes using garnishes or decorations, as appropriate
 - 1.5 Working safely and hygienically

Evidence Requirements for the Unit

This Unit will be assessed through controlled assessment which meets the Evidence Requirements below.

The assessment method for this Unit will be a practical activity in which the learner will draw on the skills, knowledge and understanding 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.

The practical activity is:

- ◆ set by centres within the SQA guidelines described below
- ◆ conducted under some supervision and control

Evidence will be internally marked by centre staff in line with SQA guidelines.

All assessment is subject to quality assurance by SQA.

Setting the assessment

The practical activity will be set by centres within the following guidelines:

- ◆ The meal to be produced will be agreed between the learner and the teacher/lecturer.
- ◆ The teacher/lecturer will provide overall guidance for the series of tasks and give time prompts at regular intervals throughout the practical activity, and prior to each service time.
- ◆ The teacher/lecturer will determine the nature and amount of any support required and may offer learners guidance to help them to progress through all stages of the tasks.

Conducting the assessment

The practical activity will be conducted under some supervision and control. This will take the form of:

- ◆ learners being allowed time for:
 - planning the activity with the teacher's/lecturer's guidance and support
 - preparing for the activity
 - any remedial work or re-assessment if necessary

Judging the evidence

Evidence will be internally marked and verified by centre staff in line with SQA guidelines.

All assessment is subject to quality assurance by SQA.

- ◆ Assessment evidence should include:
 - the ingredients and equipment list, and service details
 - the produced meal
 - the assessor's observation checklist
- ◆ The teacher/lecturer will assess both the process and the meal.
- ◆ In assessing the process, the teacher/lecturer will focus on the learners':
 - adherence to the timings
 - use of equipment
 - use of ingredients
 - ability to apply the relevant food preparation techniques and cookery processes
 - ability to serve the dishes appropriately
 - ability to work safely and hygienically throughout
- ◆ In assessing the meal, the teacher/lecturer will focus on the following qualities of the finished dishes:
 - taste
 - texture
 - presentation

The activity will be assessed by the teacher/lecturer on a pass/fail basis.

Re-assessment

In relation to Unit assessment, SQA's guidance on re-assessment for Units applies.

Further information is provided in the exemplification of assessment in the *National Assessment Resource*. Advice and guidance on possible approaches to assessment is provided in the *Course Support Notes*.

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

Please refer to the *Course Specification* for information about skills for learning, skills for life and skills for work.

Further mandatory information on Course coverage for the National 4 Practical Cookery Course

The following gives details of mandatory skills, knowledge and understanding for the National 4 Practical Cookery Course. Assessment of this Added Value Unit will involve selecting appropriate skills, knowledge and understanding from those listed below, in line with the Evidence Requirements above.

This list of skills, knowledge and understanding also provides the basis for the assessment of all the Units in the Course:

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|----------------------------------|---|
| Kitchen equipment | Peeler; vegetable knife; cook's knife; blender; grater; sieve; colander; a range of spoons; whisk; palette knife; rolling pin; dredger; cutter; pastry brush; spatula; range of bakeware and cookware |
| Weighing and measuring equipment | <ul style="list-style-type: none"> ◆ scales ◆ measuring jug ◆ measuring spoons |
| Food preparation techniques | Peel; chop; slice; dice; blend; puree; marinate; grate; mix; whisk; cream; fold; rub-in; knead; shape; roll out; glaze; other appropriate skills associated with ingredients and/or recipes |
| Understanding cookery processes | <p>How to carry out the following cookery processes:</p> <ul style="list-style-type: none"> ◆ boiling ◆ baking ◆ grilling ◆ stewing ◆ shallow frying <p>and current dietary advice relating to these cookery processes</p> |
| Categories of ingredients | <ul style="list-style-type: none"> ◆ herbs, spices, flavourings and seasonings ◆ dry ingredients ◆ meat or meat alternatives ◆ poultry or poultry alternatives ◆ fruit and vegetables ◆ dairy products or dairy alternatives ◆ fish or seafood ◆ eggs |
| Understanding ingredients | <ul style="list-style-type: none"> ◆ identifying ingredients ◆ current dietary advice relating to the use of ingredients ◆ the importance of locally or seasonally available ingredients |

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|--|---|
| Planning meals | <ul style="list-style-type: none"> ◆ requisition equipment ◆ observance of safety and hygiene ◆ service details |
| Cooking and finishing dishes | <ul style="list-style-type: none"> ◆ applying cookery processes ◆ controlling the stages of cookery processes and testing food for readiness ◆ tasting food as appropriate and taking any necessary action ◆ presenting the dishes using appropriate garnishes or decorations |
| Serving dishes | <ul style="list-style-type: none"> ◆ ensuring the correct temperature and cleanliness of the serving dishes or plates ◆ adhering to service times |
| Evaluating dishes | <ul style="list-style-type: none"> ◆ taste, texture and presentation |
| Understanding safety and hygiene and working safely and hygienically | <ul style="list-style-type: none"> ◆ understanding the importance of food safety and hygiene ◆ observing personal hygiene and kitchen hygiene ◆ using equipment safely and hygienically ◆ preparing, storing and serving food safely and hygienically ◆ working in a safe and organised manner |

Administrative information

Published: July 2019 (version 2.0)

Superclass: NF

History of changes to National Unit Specification

| Version | Description of change | Authorised by | Date |
|---------|--|------------------------------------|-----------|
| 1.1 | Outcome changed to remove 'for a given number of people'. Evidence Requirements amended for clarification. | Qualifications Development Manager | June 2013 |
| 2.0 | Course re-named and re-coded | Qualifications Manager | July 2019 |
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