



National 5
Coursework
Assessment Task



National 5 Practical Cookery

Assignment and practical activity

Instructions for centres

This document provides information for teachers and lecturers about the coursework component of this course in terms of the skills, knowledge and understanding that are assessed. It must be read in conjunction with the course specification.

Valid for session 2022-23 only.

This assessment is given to centres in strictest confidence and must be kept in a secure place until it is used.

The practical activity should be carried out in a single sitting.

This edition: January 2023 (version 1.0)

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Introduction

This document contains instructions for centres and marking instructions for the National 5 Practical Cookery assignment and practical activity. It must be read in conjunction with the course specification.

The assignment and practical activity are together worth 100 marks. The marks contribute 75% of the overall marks for the course assessment.

There are three course assessment components. The other component is a question paper worth 30 marks, which contributes 25% of the overall mark for the course assessment.

The assignment and practical activity are inter-related and are assessed using one activity. Candidates carry out one task – planning and producing a meal – which provides evidence for both components.

The assignment and practical activity combined task has two stages:

Stage 1: planning (the assignment) has 18 marks.

Please note: candidates must have access to their planning booklet during this stage. If this stage is completed electronically, candidates must have electronic access to the candidate booklet only. **It is not permissible for candidates to access the recipes electronically.**

Stage 2: implementing (the practical activity) has 82 marks.

The assignment must be submitted to SQA for external marking.

The practical activity is internally marked by centres, using the information in this document.

Instructions for centres

In the practical activity, candidates have to plan, prepare and serve the following three-course meal:

- ♦ Three-cheese filo swirls
- ♦ Brazilian chicken with savoury rice
- ♦ Lemon and courgette bar cake

Each dish is for four portions and candidates must prepare, cook and serve the dishes within 2 hours and 30 minutes.

Dish	Service time	Service dishes
Three-cheese filo swirls	2 hours after start time	Four individual clean, warm plates
Brazilian chicken with savoury rice	2 hours 15 minutes after start time	Clean, hot dishes
Lemon and courgette bar cake	2 hours 25 minutes after start time	Clean, room temperature serving plate

Please note: candidates are only allowed to practise each individual dish once.

Candidates must complete the practical activity once only, on the day of their assessment.

Candidates must undertake the practical activity without any assistance from their assessor, unless it is to ask for a specific piece of equipment or food.

If candidates serve a dish more than five minutes early, they can still be awarded marks under 'Service', but marking must take place at the correct service time. If candidates serve their dishes more than five minutes late, no marks must be awarded under the heading 'Service'.

No marks are awarded under the heading 'Service' for dishes served after the end of the practical activity. Time prompts may be given every 30 minutes, and five minutes before each service time.

Access to the practical area

Only the candidates who are carrying out the practical activity and their assessor should be allowed in the practical area. The only exceptions are, if applicable, the SQA appointed visiting verifier, the centre internal verifier and/or ASN staff (where this has been approved by SQA).

Session conditions

All candidates must work under examination conditions. A maximum of eight candidates should be assessed at any one time. If your centre is being verified, there must only be a maximum of six candidates assessed during the practical session. Completed dishes are to be presented by the candidates in an area set aside for this purpose and must not be served on candidates' work tables.

Preparation allowed outwith the specified practical session

The centre must supply all equipment and food. Candidates must organise their personal work area with all the required cooking and serving equipment before the practical activity starts. Candidates can weigh and measure ingredients in advance, so that they have the full allocation of time to prepare and present their dishes. Candidates can only prepare raw ingredients if this is stated in a recipe. If garnishes or decorations are not stated in the recipes, candidates can prepare them in advance.

Centres must have a supply of additional ingredients in case candidates make a mistake. Candidates must be encouraged to rectify mistakes, providing time is available, and then be marked accordingly.

Assessment arrangements

SQA's policy on assessment arrangements for disabled candidates, and/or those with additional support needs, allows for adjustments to be made to the practical activity if candidates are placed at a substantial disadvantage. The individual needs of these candidates must be referred to SQA in advance. A decision will then be made on any proposed adjustment or change.

If you have any questions about assessment arrangements, please contact the Assessment Arrangements team on 0345 213 6890 or by e-mail: aarequests@sqa.org.uk.

If you have any questions about the practical activity, or if any of your candidates have a requirement to use alternative ingredients, contact Suzanne Train, Qualifications Officer, by e-mail: suzanne.train@sqa.org.uk.

Recipes

Three-cheese filo swirls

Ingredients

Flour for dusting baking tray	
Leeks	50 g (prepared weight)
Vegetable stock	100 ml
Broccoli	50 g (prepared weight)
Green pepper	25 g (prepared weight)
Green pesto	25 ml
Cream cheese	20 ml
Cheddar cheese	20 g
Mozzarella cheese	20 g
Dried mixed herbs	2.5 ml
Butter	15 g
Sunflower oil	15 ml
Seasoning	
Filo pastry sheets (approx. 30cm x 35cm)	4

Oven temp 200° c (temperature may vary if using fan assisted oven), Gas mark 6

Method

1. Prepare baking tray by lightly dusting with flour.
2. Finely chop the leeks, put into a pan with the vegetable stock, cover and simmer for 3 minutes.
3. Finely chop the broccoli, finely dice the green pepper and add to the pan. Remove the lid and simmer until all the liquid is reduced and the broccoli is tender. Remove from the heat.
4. Add the pesto to the pan, mix well then stir in the cream cheese. Taste, season and allow to cool.
5. Grate the cheddar and mozzarella cheeses, mix together with the dried mixed herbs.
6. Prepare the filo – cut each sheet in half along the longer length.
7. Melt the butter and mix with the sunflower oil. Layer two sheets of filo pastry together, brushing one with this mixture. Repeat with the remaining filo pastry.
8. Divide the filling into four parts, then add the filling along the long edge of the prepared filo sheets. Brush the opposite edge with the butter and oil mixture, then roll like a sausage roll.
9. Roll each into a swirl and place on the baking tray. Brush with the remaining butter and oil mixture, then sprinkle the cheese and herb mixture on top. Bake until golden brown, for approximately 15-20 minutes.
10. Serve warm, on four individual clean, warm plates, and garnish appropriately.

Brazilian chicken with savoury rice

Ingredients

Chicken fillet	200 g
Vegetable oil	15 ml
Ground cumin	2.5 ml
Ground coriander	2.5 ml
Allspice	5 ml
Onion	100 g (prepared weight)
Garlic	15 ml (prepared volume)
Celery	75 g (prepared weight)
Red pepper	50 g (prepared weight)
Bay leaf	1
Dried oregano	5 ml
Chicken stock	100 ml
Chopped tomatoes	150 g
Orange juice	15 ml
Cocoa powder	5 ml
Smoked paprika	7.5 ml
Black beans (drained)	25 g
Seasoning	

Method

1. Dice the chicken into bite size pieces.
2. Marinade the chicken in the oil, ground cumin, ground coriander and, allspice . Cover and chill for at least 30 minutes.
3. Finely dice the onion, crush the garlic, dice the celery, and cut the red pepper into batons.
4. Seal the marinated chicken in a hot pan, remove and reserve.
5. Add the onion, garlic and celery to the pan, and sweat for 2 minutes.
6. Add the bay leaf and oregano, and stir through.
7. Add the reserved chicken, chicken stock, tomatoes, orange juice, cocoa powder, smoked paprika and red pepper. Bring to the boil, and simmer for 10 minutes.
8. Add the black beans and simmer for a further 5 minutes. Taste and season.
9. Remove from the heat and carefully remove the bay leaf.
10. Serve hot in a clean, hot serving dish, and garnish appropriately.

Savoury rice

Ingredients

Spring onion	1
Long grain rice	175 g
Fresh coriander (finely chopped)	15 ml (prepared volume)
Sultanas	40 g
Seasoning	

Method

1. Finely chop the spring onion.
2. Wash the rice and cook in boiling water.
3. Test the rice for readiness and drain. Add the coriander, spring onion and sultanas, mix well and season to taste.
4. Serve hot, in a clean hot serving dish, and garnish appropriately.

Lemon and courgette bar cake

Ingredients

Lemon	1
Flour	100 g
Baking powder	5 ml
Soft margarine	75 g
Caster sugar	75 g
Medium egg	1
Poppy seeds	1.25 ml
Courgette (grated)	50 g
Icing sugar	30 g
Lemon curd	50 g
Double cream	50 ml

Oven temperature 180°c (temperature may vary if using fan assisted oven), gas mark 4

500g loaf tin or tinfoil equivalent

Method

1. Preheat the oven.
2. Grease and line the loaf tin with grease proof paper.
3. Grate lemon and reserve. Juice the lemon and reserve.
4. Sieve the flour and baking powder together.
5. Cream the margarine with the caster sugar until light and fluffy.
6. Beat the egg and add to mixture with 15g of the sieved flour, mix well.
7. Mix in the poppy seeds, half of the lemon zest, 10 ml of the lemon juice and the remaining flour.
8. Fold in the grated courgette until evenly incorporated.
9. Place the mixture into the prepared tin.
10. Bake until firm and golden brown, for approximately 25-30 minutes.
11. Make the drizzle by mixing 10ml of reserved lemon juice with 20g of icing sugar.
12. Remove the cake when ready and cool slightly. Spoon over the lemon drizzle then remove from tin to cool.
13. Whisk the double cream to a piping consistency. Fold in the remaining icing sugar and lemon zest. Chill till required.
14. Cut the cake in half horizontally. Spread with lemon curd then sandwich back together.
15. Pipe with the whipped cream to show four portions.
16. Decorate appropriately and serve on a clean, room temperature serving plate.

Marking instructions

In line with SQA's normal practice, the following marking instructions for the National 5 Practical Cookery practical activity are addressed to the marker. They will also be helpful for those preparing candidates for course assessment.

Assignment: Stage 1: planning, is submitted to SQA for external marking.

Practical activity: Stage 2: implementing, is internally marked and quality assured by centre staff, in line with the marking instructions provided in this document.

General marking principles

This information is provided to help you understand the general principles that must be applied when marking candidate performance in this practical activity. These principles must be read in conjunction with the specific marking instructions, which identify the key features required in candidate performance.

- a Marks for candidate performance must always be assigned in line with these general marking principles and the holistic marking instructions for this assessment.
- b The specific marking instructions indicate how marks should be awarded for each of the skills, techniques and processes assessed as part of the practical activity. These marks should be recorded appropriately by the assessor.

Holistic marking instructions

Dish	Skills and techniques	Cookery processes	Service	Components in dish	Professional practice
Starter: Three- cheese filo swirls (24 marks)	Max 11 marks Skills and techniques include: ♦ chopping ♦ dicing ♦ mixing ♦ tasting for seasoning ♦ grating ♦ assembling ♦ portioning ♦ glazing ♦ working in an organised manner	Max 3 marks Processes include: ♦ stewing/simmering ♦ baking	Max 10 marks Service includes: ♦ appropriate serving plate and food temperature ♦ appearance ♦ flavour ♦ texture ♦ garnish ♦ served according to service plan		Weighing and measuring 4 marks Hygiene 4 marks Safety 4 marks
Main course: Brazilian chicken with savory rice (24 marks)	Max 10 marks Skills and techniques include: ♦ dicing ♦ marinading ♦ crushing ♦ cutting batons ♦ chopping ♦ mixing ♦ tasting for seasoning ♦ working in an organised manner	Max 5 marks Processes include: ♦ frying/sweating ♦ stewing ♦ boiling/simmering	Max 9 marks Service includes: ♦ appropriate serving plate and food temperature ♦ appearance ♦ taste ♦ texture ♦ garnish ♦ served according to service plan	♦ Brazilian chicken ♦ savoury rice	

Dish	Skills and techniques	Cookery processes	Service	Components in dish	Professional practice
Dessert: Lemon and courgette bar cake (22 marks)	Max 12 marks Skills and techniques include: ◆ lining ◆ grating ◆ creaming ◆ mixing ◆ folding ◆ piping ◆ whisking ◆ portioning ◆ decorating ◆ working in an organised manner	Max 1 mark Processes include: ◆ baking	Max 9 marks Service includes: ◆ appropriate serving plate and food temperature ◆ appearance ◆ taste ◆ texture ◆ decorate ◆ served according to service plan		
	33 marks	9 marks	28 marks		12 marks
	82 marks				

Specific marking instructions

Three-cheese filo swirls (24 marks)					
		Allocation of marks			
Skills and techniques (max 11 marks)	Skills and techniques include: ♦ chopping ♦ dicing ♦ mixing ♦ tasting for seasoning ♦ grating ♦ assembling ♦ portioning ♦ glazing ♦ working in an organised manner	11 marks All foods consistently cut to specified size and shape. All skills and techniques carried out correctly. Working in an organised manner throughout.	6–10 marks Most foods cut to specified size and shape but with inaccuracies in either size or shape of some foods. Most skills and techniques carried out correctly. Working in an organised manner on almost all occasions.	1–5 marks Some foods cut to specified size and shape but with inaccuracies in either size or shape of some foods. Some skills and techniques carried out correctly. Some organisation demonstrated.	0 marks All foods cut with inaccuracies in either size or shape. All skills and techniques carried out incorrectly.
Cookery processes (max 3 marks)	Processes include: ♦ stewing/simmering ♦ baking	3 marks All processes carried out correctly as per recipe.	2 marks Most processes carried out correctly as per recipe, some completed incorrectly.	1 mark Some but not all processes carried out correctly as per recipe, most completed incorrectly or omitted.	0 marks No processes carried out correctly or not as per recipe.

Three cheese filo swirls (24 marks) (continued)					
		Allocation of marks			
Service (max 10 marks)	Service includes: ♦ appropriate serving plate and food temperature ♦ appearance ♦ flavour ♦ texture ♦ garnish ♦ served according to service plan	10 marks Food is served warm on four identical, clean warm plates. Served according to service plan. Swirls are even size and shape, and show no leakage. Food is well flavoured and has the correct appearance. Both pastry and filling have correct texture. Appropriate garnish.	5–9 marks Food and/or serving plates are too hot or too cool. Plates not quite identical. Not served accurately according to service plan. Swirls mostly even size and/or shape / or have leakage. Swirls slightly pale or dark in colour. Under seasoned. Swirl slightly over or under filled. Texture of pastry slightly over or undercooked. Garnish lacks flair.	1–4 marks Food and/or serving plates cold. Plates not identical. Not served according to serving plan. Swirls uneven size and/or shape. Swirls very dark or pale in colour. Food is over seasoned. Pastry over or under cooked. Filling insufficient. Inappropriate or no garnish.	0 marks Swirls very overcooked or undercooked. If inedible or not served, then 0 marks should be awarded for service.

Brazilian chicken with savoury rice (24 marks)					
		Allocation of marks			
Skills and techniques (max 10 marks)	Skill and techniques include: ♦ dicing ♦ marinading ♦ crushing ♦ cutting batons ♦ chopping ♦ mixing ♦ tasting for seasoning ♦ working in an organised manner	10 marks All foods consistently cut to specified size and shape. All skills and techniques carried out correctly. Working in an organised manner throughout.	6–9 marks Most foods cut to specified size and shape but with inaccuracies in either size or shape of some foods. Most skills and techniques carried out correctly. Working in an organised manner on almost all occasions.	1–5 marks Some foods cut to specified size and shape but with inaccuracies in either size or shape of some foods. Some skills and techniques carried out correctly. Some organisation demonstrated.	0 marks All foods cut with inaccuracies in either size or shape. All skills and techniques carried out incorrectly.
Cookery processes (max 5 marks)	Processes include: ♦ frying /sweating ♦ stewing ♦ boiling /simmering	5 marks All processes carried out correctly as per recipe.	3–4 marks Most but not all processes carried out correctly as per recipe, some completed incorrectly or omitted.	1–2 marks Some but not all processes carried out correctly as per recipe, most completed incorrectly or omitted.	0 marks No processes carried out correctly or not as per recipe.

Brazilian chicken with savoury rice (24 marks) (continued)					
		Allocation of marks			
Service (max 9 marks)	Service includes: ◆ appropriate serving plate and food temperature ◆ appearance ◆ taste ◆ texture ◆ garnish ◆ served according to service plan	9 marks Chicken is served hot in hot dish. Rice is served hot in hot dish. Serving dishes are clean. Served according to service plan. Food is well flavoured and has the correct appearance and texture. Garnished appropriately.	5–8 marks Chicken is served hot in hot dish or Rice is served hot in hot dish. Service slightly untidy. Not served accurately according to service plan. Food is under seasoned. Chicken slightly dry or wet. Garnishes lack flair.	1–4 marks Food served cool. Untidy service. Not served according to service plan. Food is over seasoned. Chicken is over or under cooked. Inappropriate/no garnishes.	0 marks Food is cold. Food is inedible. If either element is inedible or not served, then 0 marks should be awarded for service.

Lemon and courgette bar cake (22 marks)					
		Allocation of marks			
Skills and techniques (max 12 marks)	Service includes: ♦ lining ♦ grating ♦ creaming ♦ mixing ♦ folding ♦ piping ♦ whisking ♦ portioning ♦ decorating ♦ working in an organised manner	12 marks All skills and techniques carried out correctly as per recipe. All sponge and decorating skills carried out correctly as per recipe. Working in an organised manner throughout.	7–11 marks Most skills and techniques carried out correctly as per recipe, some are completed incorrectly. Most sponge and/or decorating skills are carried out as per recipe, some are completed incorrectly. Working in an organised manner on almost all occasions.	1–6 marks Some skills and techniques carried out correctly as per recipe, most are completed incorrectly or omitted. Some sponge and/or decorating skills are carried out as per recipe; most are completed incorrectly or omitted. Some organisation demonstrated.	0 marks No skills and techniques carried out correctly as per recipe. Poor organisational skills.
Cookery processes (max 1 marks)	Processes include: ♦ baking	1 mark The baking process is carried out correctly as per recipe.		0 marks The process not carried out correctly or not as per recipe.	

Lemon and courgette bar cake (22 marks) (continued)					
		Allocation of marks			
Service (max 9 marks)	Max 9 marks ♦ appropriate serving plate and food temperature ♦ appearance ♦ taste ♦ texture ♦ decorate ♦ served according to service plan	9 marks Food is served at correct temperature on clean, room temperature serving plate. Served according to service plan. Food is well flavoured and has the correct appearance and texture. Decorated with flair.	5–8 marks Either food or serving plate is too warm or too cold. Not served accurately according to service plan. Food is lacking flavour. Appearance is not tidy. Texture of sponge is incorrect. Decoration lacks flair.	1–4 marks Neither food nor serving plate is at correct temperature. Not served according to service plan. Sponge has no flavour. Sponge is over baked or texture very dry. No additional decoration.	0 marks Sponge is overcooked. Food is inedible. If inedible or not served, then 0 marks should be awarded for service.

Professional practice (12 marks)				
	Allocation of marks			
Weighing and measuring (max 4 marks)	4 marks All ingredients identified as 'prepared weight' in recipe are weighed or measured accurately during the assessment.	3 marks Most ingredients identified as 'prepared weight' in recipe are weighed or measured accurately during the assessment.	1–2 marks Some ingredients identified as 'prepared weight' in recipe are weighed or measured accurately during the assessment.	0 marks No ingredients identified as 'prepared weight' in recipe weighed or measured accurately during the assessment.
Hygiene (max 4 marks)	4 marks All tasks carried out to an acceptable standard of hygiene.	3 marks Most tasks carried out to an acceptable standard of hygiene, with few lapses.	1–2 marks Some tasks carried out to an acceptable standard of hygiene, but with several lapses.	0 marks Frequent lapses in hygiene. A significant hygiene lapse, which would result in the end product being unsafe to eat, would result in 0 marks.
Safety (max 4 marks)	4 marks All tasks carried out with due regard to safe working practices.	3 marks Most tasks carried out with due regard to safe working practices, with few lapses.	1–2 marks Some tasks carried out with due regard to safe working practices, but with several lapses.	0 marks Frequent lapses in safety. If teacher or lecturer intervention is required to ensure the safety of a candidate, then award 0 marks.

Recording documentation

The following recording document should be used by teachers and lecturers to record the marks awarded to candidates.

National 5 Practical Cookery practical activity assessment record

In the case of assessment by observation or oral questioning, evidence should include assessors' comments and other relevant supporting evidence that shows clearly the basis on which assessment judgments have been made.

Centre: _____ Class/group: _____ Assessor: _____

Date: _____

Candidate name	Preparing, cooking and serving									Professional practice			Total	Assessor comments
	Starter			Main course			Dessert							
	Three-cheese filo swirls (24 marks)			Brazilian chicken with savoury rice (24 marks)			Lemon and courgette bar cake (22 marks)			12 marks				
	Skills and techniques	Cookery processes	Service	Skills and techniques	Cookery processes	Service	Skills and techniques	Cookery processes	Service	Weighing and measuring	Hygiene	Safety		
	11	3	10	10	5	9	12	1	9	4	4	4		

Administrative information

Published: January 2023 (version 1.0)

History of changes

Version	Description of change	Date

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