N5

National Qualifications

2023

Practical Cookery

Monday, 22 May

Instructions to Candidates

Candidates should enter their surname, forename(s), date of birth, Scottish candidate number and the name and level of the subject at the top of their first answer sheet.

Total marks – 30

Attempt ALL questions.

You may use a calculator.

An ow in the margin indicates a new question.

Questions marked with an asterisk differ in some respect from those in the printed paper.

Marks are shown in square brackets at the end of each question or part question.

You must clearly identify the question number you are attempting on your answer sheet.

[Braille page 2] ow * 1. (a) Using the headings provided, describe three changes that could be made to the Fish Pie recipe shown in the table below to meet current dietary advice. Explain a different way each change you have described helps to meet current dietary advice. [6 marks]

[In the table below, ingredient is followed by: quantity.]

smoked haddock: 100 g.

cod: 100 g.

butter: 50 g.

plain flour: 25 g.

whole milk: 250 ml.

medium floury potatoes: 2.

double cream: 15 ml.

cheddar cheese: 25 g.

salt and pepper: to season

Add an ingredient

(i) Change [2 print lines]

(ii) Explanation [2 print lines]

Remove an ingredient

(iii) Change [2 print lines]

(iv) Explanation [2 print lines]

[Braille page 3] Replace an ingredient

(v) Change [2 print lines]

(vi) Explanation [2 print lines]

ow 1. (b) Explain why each of the following steps are important when making mashed potatoes. [2 marks]

(i) Cutting the potatoes into even sized pieces [2 print lines]

(ii) Draining the potatoes as soon as they are cooked [2 print lines]

ow 1. (c) Describe how boiled potatoes would be tested for readiness. [2 print lines] [1 mark]

ow 1. (d) Explain the function of flour in a roux when making a white sauce. [3 print lines] [1 mark]

ow 2. (a) Describe the correct storage for each of the following ingredients. [2 marks]

  (i) Raw fish [2 print lines]

  (ii) Potatoes [2 print lines]

ow 2. (b) Explain what is meant by the term "sustainable beef". [2 print lines] [1 mark]

[Braille page 4] ow 2. (c) Explain an advantage and a disadvantage of buying organic carrots. [2 marks]

  (i) Advantage [2 print lines]

  (ii) Disadvantage [2 print lines]

ow 2. (d) Explain why the following ingredients may be blanched. [2 marks]

  (i) Leeks [2 print lines]

  (ii) Tomatoes [2 print lines]

ow 2. (e) Explain why each of the following personal hygiene rules must be followed when preparing food. [2 marks]

  (i) Remove jewellery [3 print lines]

  (ii) Cover any cuts or wounds with a blue plaster [3 print lines]

ow 3. (a) Evaluate the effect on the texture or flavour if the following ingredients are used to decorate a Lemon Cheesecake. [3 marks]

  (i) Lemon zest [4 print lines]

  (ii) Grated dark chocolate [4 print lines]

  (iii) Fresh raspberries [4 print lines]

[Braille page 5] ow 3. (b) Identify a suitable piece of equipment to remove the zest from a lemon. [2 print lines] [1 mark]

ow 3. (c) The biscuit base of a cheesecake crumbles and breaks when cut. Identify one reason why this would occur. [2 print lines] [1 mark]

ow * 3. (d) The following ingredients are used to make a Lemon Cheesecake: digestive biscuits, butter, double cream, cream cheese, caster sugar and lemons. [4 marks]

Table 1 below shows the unit cost for some of these ingredients.

[In the table, Ingredient is followed by: Weight (unit); Cost.]

Table 1

digestive biscuits: 400 g; £0.80.

double cream: 285 ml; £0.95.

cream cheese: 300 g; £1.20.

lemon: 1; £0.28.

Table 2 shows the ingredients required to make six portions of this dish.

Calculate the cost of the ingredients required using this information and the formula below. Use your answers to complete Table **[Braille page 6]** 2, identifying the missing costs at (i) to (iv).

$$(\text{Cost} / \text{Total weight}) \times \text{Quantity required in recipe} = \text{Cost of ingredient}$$

[In the table, Quantity Required is followed by: Ingredient; Cost.]

Table 2

110 g: digestive biscuit; (i).

50 g: butter; £0.34.

150 ml: double cream; (ii).

75 g: caster sugar; £0.09.

250 g: cream cheese; (iii).

2: lemons; (iv).

ow 3. (e) Calculate the total cost to make six portions of this dish. [2 print lines] [1 mark]

ow 3. (f) Calculate the cost to make one portion (rounding your answer to the nearest pence). [2 print lines] [1 mark]

[END OF QUESTION PAPER]