

FOR OFFICIAL USE



National
Qualifications
SPECIMEN ONLY

Mark

S885/75/01

Practical Cookery

Date — Not applicable

Duration — 1 hour



Fill in these boxes and read what is printed below.

Full name of centre

Town

Forename(s)

Surname

Number of seat

Date of birth

Day

Month

Year

Scottish candidate number

Total marks — 35

Attempt ALL questions.

You may use a calculator

Write your answers clearly in the spaces provided in this booklet. Additional space for answers is provided at the end of this booklet. If you use this space you must clearly identify the question number you are attempting.

Use **blue** or **black** ink.

Do not remove any exam materials. You must leave this booklet on your desk; if you do not, you could lose all the marks for this paper.



Total marks – 35
Attempt ALL questions

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MARGIN

1. A chef in a restaurant uses the following recipe:

Lentil and red pepper lasagne

Ingredients:

Red onion (peeled)	50 g	(prepared weight)
Garlic cloves (peeled)	7.5 ml	(prepared volume)
Red pepper	50 g	(prepared weight)
Celery	50 g	(prepared weight)
Carrot (peeled)	50 g	(prepared weight)
Vegetable oil	10 ml	
Dried mixed herbs	5 ml	
Tomato puree	5 ml	
Passata	200 ml	
Lentils	80 g	
Low salt vegetable stock	250 ml	
Reduced fat cheddar cheese	50 g	
Margarine	25 g	
Wholemeal flour	25 g	
Semi skimmed milk	250 ml	
Lasagne sheets	4	

Oven temperature 190 °C/Gas mark 5/Fan 170 °C



1. (continued)**Method:**

1. Preheat the oven.
2. Finely chop the red onion and crush the garlic.
3. Cut the red pepper into batons, slice the celery and dice the carrot.
4. Heat the oil in a pan, add all the vegetables and fry for 3–4 minutes.
5. Add the dried mixed herbs, tomato puree, passata, lentils and stock.
6. Mix well, bring to the boil and simmer for 15–20 minutes. Adjust the consistency if required.
7. Taste and season, remove from heat and reserve.
8. Grate the cheese.
9. Melt the margarine, add the flour and cook for 1 minute. Remove from the heat.
10. Gradually add the milk, return to the heat, bring to the boil and simmer until thickened.
11. Remove from the heat, add 25 g of the grated cheese and mix well. Taste and season.
12. Add half of the lentil mixture to a suitable sized ovenproof dish, then a layer of the lasagne sheets; repeat these layers, then finish with the cheese sauce.
13. Sprinkle with the remaining grated cheese and bake for approximately 25–30 minutes.
14. Serve the lentil and red pepper lasagne hot, garnished appropriately in a clean, hot serving dish.

[Turn over



1. (continued)

- (a) Identify an appropriate garnish for this recipe with an appropriate preparation technique.

1

Garnish _____

Preparation technique _____

- (b) Describe the service details for the lentil and red pepper lasagne.

2

Give a written description or an annotated diagram, ensuring the final appearance of the dish is clearly shown, including the identified garnish and preparation technique.

- (c) Identify **three** ingredients in the lentil and red pepper lasagne which help contribute towards current dietary advice.

6

Explain how each ingredient you have identified helps to meet a different piece of current dietary advice.

Ingredient 1 _____

Explanation _____

Ingredient 2 _____

Explanation _____

Ingredient 3 _____

Explanation _____



1. (continued)

(d) Evaluate the use of local produce in a restaurant.

2

Evaluation 1 _____

Evaluation 2 _____

(e) Describe the cookery process boiling.

1

(f) Explain **one** safety step which should be carried out when removing the lentil and red pepper lasagne from the oven.

1

(g) Identify **one** piece of equipment required in **steps two, three or four** of the lentil and red pepper lasagne.

Describe what the piece of equipment is used for in the recipe.

2

Equipment _____

Description _____

[Turn over



2. (a) The following ingredients are required to make a lemon meringue pie:
plain flour, caster sugar, margarine, cornflour, lemons, eggs.

Table 1 shows the unit cost for some of the ingredients used in the lemon meringue pie.

Table 1

Ingredients	Total weight (unit)	Cost (£0.00)
Plain flour	500 g	£0.60
Caster sugar	500 g	£0.80
Cornflour	500 g	£1.80
Eggs	6	£0.96

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

Calculate the cost of the ingredients required using the information in Table 1 and the formula below.

Use your answers to complete Table 2.

3

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

Table 2

Ingredients	Quantity required	Cost (£0.00)
Plain flour	200 g	£0.24
Caster sugar	200 g	
Margarine	100 g	£0.22
Cornflour	50 g	
Lemon	2	£0.70
Eggs	4	

- (b) Calculate the total cost to make six portions of the lemon meringue pie.

1



2. (continued)

- (c) Calculate the total cost to make **one** portion of the lemon meringue pie. (rounding your answer to the nearest pence). 1

- (d) Explain why each of the following ingredients is used in a lemon meringue pie. 2

Egg whites _____

Cornflour _____

- (e) Describe the food preparation technique rubbing in. 1

- (f) Describe **two** ways to test a baked blind pastry case for readiness. 2

Description 1 _____

Description 2 _____

[Turn over



3. (a) You are planning to make the following two dishes:

- chicken skewers
- lemon cheesecake.

Identify which order of work would be most appropriate for preparing and serving these dishes.

1

Order 1	Order 2
Marinade chicken — 30 mins	Make cheesecake base — chill 15 mins
Make marinade	Make marinade
Make cheesecake base — chill 15 mins	Marinade chicken — 30 mins
Grill skewers	Make cheesecake filling
Make cheesecake filling	Assemble cheesecake
Assemble skewers	Chill cheesecake
Assemble cheesecake	Assemble skewers
Chill cheesecake	Grill skewers
Serve skewers	Serve skewers
Serve cheesecake	Serve cheesecake

Order of work chosen _____

(b) Explain **three** reasons why you have chosen this order of work.

3

Explanation 1 _____

Explanation 2 _____

Explanation 3 _____



3. (continued)

- (c) Describe how the following ingredient should be stored.

Explain why this method of storage is suitable for the ingredient.

2

Raw chicken

Storage _____

Explanation _____

- (d) Explain why each of the following personal hygiene rules must be followed when preparing food.

2

Remove jewellery

Explanation _____

Cover any cuts or wounds with a blue plaster

Explanation _____

- (e) Evaluate the effect on the colour or flavour if the following ingredients are used to decorate the lemon cheesecake.

2

Lemon zest _____

Grated white chocolate _____

[END OF SPECIMEN QUESTION PAPER]





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ADDITIONAL SPACE FOR ANSWERS



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S885/75/01

Practical Cookery

Marking Instructions

These marking instructions have been provided to show how Qualifications Scotland would mark this specimen question paper.

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General marking principles for National 5 Practical Cookery

Always apply these general principles. Use them in conjunction with the detailed marking instructions, which identify the key features required in candidates' responses.

- (a) Always use positive marking. This means candidates accumulate marks for the demonstration of relevant skills, knowledge and understanding; marks are not deducted for errors or omissions.
- (b) If a candidate response does not seem to be covered by either the principles or detailed marking instructions, and you are uncertain how to assess it, you must seek guidance from your team leader.
- (c) For marks to be awarded, responses must relate to the question asked. Where candidates give points of knowledge without specifying the context these should be awarded marks unless it is clear that they do not relate to the context of the question.
- (d) There are five types of question used in this question paper. Each assesses a particular skill eg.

- A State/give/name/identify
- B Describe
- C Explain
- D Calculate
- E Evaluate

For each question type, the following generic marking instructions provide an overview of the marking principles and an example of their application for each type.

A **Questions that ask candidates to state/give/name/identify**

Candidates should list a number of relevant items or facts. These should relate to the context of the question and do not need to be in any particular order, up to the total mark allocation.

Up to the total mark allocation for this question

- award **1 mark** for each relevant point of knowledge.

For example,

Question: Identify a suitable cooking method for pears.

Answer: Poaching. (1 mark for identifying the correct cooking method)

B Questions that ask candidates to describe

Candidates should define or give an account of points relating to the question. They do not need to be in any order.

Up to the total mark allocation for this question:

- award **1 mark** for each accurate relevant point of knowledge linked to the context of the question.

For example,

Question: Describe where fresh cream should be stored to ensure food safety.

Answer: Store in a clean, covered container in the refrigerator. **(1 mark for correct description of method of storage)**

C Questions that ask candidates to explain

Candidates should make the relationship between points clear, for example by giving accurate relevant points, showing connections between these and the context of the question.

Up to the total mark allocation for this question:

- award **1 mark** for each accurate relevant point.

For example,

Question: Explain two ways in which a chef could amend a recipe for macaroni cheese to make it healthier.

Answer: They could change the cheddar cheese to a low-fat cheddar cheese which would reduce total fat content of the dish. **(1 mark for accurate explanation linked to the context of the question)**

D Questions that ask candidates to calculate

Candidates must use the information provided in the question to calculate the cost of the identified ingredients.

Up to the total mark allocation for this question:

- award **1 mark** for each accurate calculation.

For example,

Question: Calculate the total cost to make four portions of the dish.

Answer: Correct calculations of each ingredient cost and total cost for four portions. **(1 mark)**

E Questions that ask candidates to evaluate

Candidates should make several evaluative comments which make a judgement based on the information provided, related to the context of the question.

Up to the mark allocation for this question:

- award **1 mark** for each relevant evaluative comment linked to the context of the question

For example,

Question: Evaluate the suitability of macaroni cheese for a Scottish-themed restaurant.

Answer: Macaroni cheese would be suitable to include on the menu of the restaurant as the use of locally made cheese will support the local economy. **(1 mark for evaluative comment)**

Marking Instructions for each question

Question		Expected Response	Max Mark	Additional Guidance
1.	(a)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • parsley, chopped • chives, chopped • basil, chopped <p>Or any other valid response</p>	1	<p>Candidates should identify and appropriate garnish for the lentil and red pepper lasagne with an appropriate preparation technique.</p> <ul style="list-style-type: none"> • award 1 mark for each suitable garnish which includes an appropriate preparation technique <i>(Up to a maximum of 1 mark)</i>
	(b)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • served in a clean, hot serving dish • lentil and red pepper lasagne served hot • accurate description of chosen garnish with position and appropriate preparation technique <p>Or any other valid response</p>	2	<p>Candidates should clearly describe how the lentil and red pepper lasagne should be served according to the instructions.</p> <ul style="list-style-type: none"> • award 2 marks if the candidate has described all aspects of the service details correctly • award 1 mark if the candidate has described almost all the service details correctly • award 0 marks if the candidate has missed out most of the descriptions or not attempted to describe the service details <p><i>(Up to a maximum of 2 marks)</i></p>

Question	Expected Response	Max Mark	Additional Guidance
(c)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • Ingredient: red onion/red pepper/celery/carrot • Explanation: the addition of vegetables in the lasagne will help to increase vegetable intake and help towards meeting the current dietary advice of eat more vegetables • Ingredient: low salt vegetable stock • Explanation: by using low salt stock in the lasagne will help to reduce the salt content in the lasagne and help to meet the current dietary advice of eat less salt • Ingredient: reduced fat cheddar cheese/margarine/semi-skimmed milk • Explanation: by using reduced fat cheddar cheese/margarine/semi-skimmed milk in the lasagne it will help to reduce the overall fat content/saturated fat content in the dish which will therefore help to meet the current dietary advice of eat less fat/eat less saturated fat/reduce total fat content. • Ingredient: wholemeal flour. • Explanation: by using wholemeal flour in the lasagne recipe it will help to increase the fibre content of the dish which will help to meet the current dietary advice of eat more fibre. <p>Or any other valid response</p>	6	<p>Candidates should identify three ingredients which help to meet current dietary advice in the recipe.</p> <p>Candidates should explain how each ingredient will help to meet a different piece of current dietary advice.</p> <ul style="list-style-type: none"> • award 1 mark for each correctly identified ingredient • award 1 mark for each accurate explanation linked to a different piece of current dietary advice <p style="text-align: right;"><i>(Up to a maximum of 6 marks)</i></p>

Question		Expected Response	Max Mark	Additional Guidance
	(d)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • by using local produce, it will mean that the food has not had to travel as far to get to the restaurant this is good as it will help decrease the restaurants carbon footprint • by using local produce this will help provide income to the local business this is good as it will help to sustain local businesses • by using local produce, it could be more expensive for the restaurant to buy this could be bad as the price of items could increase for the customers. <p>Or any other valid response</p>	2	<p>Candidates should make evaluative comments on the use of local produce in a restaurant.</p> <ul style="list-style-type: none"> • award 1 mark for each evaluative comment which: <ul style="list-style-type: none"> – shows a clear understanding of using local produce – includes an appropriate judgement on the use of local produce in a restaurant – comments on the impact of using local produce in a restaurant <p><i>(Up to a maximum of 2 marks)</i></p>
	(e)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • boiling is where food is cooked in water at 100°C • boiling is when food/liquid which is boiling will have rapid/big bubbles forming <p>Or any other valid response</p>	1	<p>Candidates should clearly describe the cookery process boiling.</p> <ul style="list-style-type: none"> • award 1 mark for a correct description the cookery process boiling <p><i>(Up to a maximum of 1 mark)</i></p>
	(f)	<p>Possible candidate response could include:</p> <ul style="list-style-type: none"> • when removing the lasagne from the oven you should use oven gloves as this will help to prevent burns • when removing the lasagne from the oven you should place it on a pot stand to cool to prevent anyone from burning themselves • when removing the lasagne from the oven make sure the oven door is fully open as this will prevent it from burning your arm 	1	<p>Candidates should explain one safety point when removing the lasagne from the oven.</p> <ul style="list-style-type: none"> • award 1 mark for a clear explanation of how to remove the lasagne from the oven safely <p><i>(Up to a maximum of 1 mark)</i></p>

Question		Expected Response	Max Mark	Additional Guidance
	(g)	<p>Possible candidate response could include:</p> <ul style="list-style-type: none"> • Equipment: chef's knife • Description: a chef knife is required to prepare the vegetables in the lasagne • Equipment: chopping board • Description: a chopping board is required to prepare the vegetables for the lasagne on, as this will prevent the work surface from getting damaged • Equipment: pan • Description: a pan is required to fry all of the vegetables in to make sure they cook properly <p>Or any other valid response</p>	2	<p>Candidates should identify a piece of equipment which could be used in steps two, three or four of the lentil and red pepper lasagne recipe.</p> <p>Candidates should be able to describe why that piece of equipment is needed in the recipe.</p> <ul style="list-style-type: none"> • award 1 mark for identifying a correct piece of equipment in steps two to four • award 1 mark for correctly describing why the identified equipment is required <p><i>(Up to a maximum of 2 marks)</i></p>

Question		Expected Response			Max Mark	Additional Guidance													
2.	(a)		<table border="1"> <thead> <tr> <th>Ingredients</th> <th>Quantity required</th> <th>Cost (£0.00)</th> </tr> </thead> <tbody> <tr> <td>Caster sugar</td> <td>200 g</td> <td>£ 0.32</td> </tr> <tr> <td>Cornflour</td> <td>50 g</td> <td>£ 0.18</td> </tr> <tr> <td>Eggs</td> <td>4</td> <td>£ 0.64</td> </tr> </tbody> </table>			Ingredients	Quantity required	Cost (£0.00)	Caster sugar	200 g	£ 0.32	Cornflour	50 g	£ 0.18	Eggs	4	£ 0.64	3	<p>Candidates must use the information provided in the question to calculate the cost of the identified ingredients in the lemon meringue pie.</p> <ul style="list-style-type: none"> award 1 mark for each accurate calculation <p><i>(Up to a maximum of 3 marks)</i></p>
			Ingredients	Quantity required	Cost (£0.00)														
			Caster sugar	200 g	£ 0.32														
			Cornflour	50 g	£ 0.18														
			Eggs	4	£ 0.64														
(b)		£2.30	1	<p>Candidates must use the information provided in the question to calculate the total cost to make lemon meringue pie.</p> <ul style="list-style-type: none"> award 1 mark for an accurate calculation <p><i>(Up to a maximum of 1 mark)</i></p>															
(c)		£0.38			1	<p>Candidates must use the information provided in the question to calculate the total to make one portion of lemon meringue pie.</p> <ul style="list-style-type: none"> award 1 mark for an accurate calculation <p><i>(Up to a maximum of 1 mark)</i></p>													

Question	Expected Response	Max Mark	Additional Guidance
(d)	<p>Possible candidate response could include:</p> <p>Egg whites</p> <ul style="list-style-type: none"> eggs whites are used in the lemon meringue pie as they trap air, and this creates the structure of the meringue <p>Cornflour</p> <ul style="list-style-type: none"> cornflour is used in the lemon meringue as it helps to stabilise the mixture which therefore stops it from collapsing cornflour is used in lemon meringue pie for the lemon filling as a thickening agent it will therefore ensure that the filling is the correct consistency <p>Or any other valid response</p>	2	<p>Candidates should explain one reason why egg whites are used in the recipe.</p> <p>Candidates should explain one reason why cornflour is used in the recipe.</p> <ul style="list-style-type: none"> award 1 mark for each correct explanation for the use of the identified ingredients in the lemon meringue pie <p><i>(Up to a maximum of 2 marks)</i></p>
(e)	<p>Possible candidate response could include:</p> <ul style="list-style-type: none"> rubbing in is where you rub the fat and the flour together until the mixture resembles breadcrumbs rubbing in is where you use your fingertips or food processor to rub the fat into the flour until it coats the flour <p>Or any other valid response</p>	1	<p>Candidates should clearly describe the food preparation technique of rubbing in.</p> <ul style="list-style-type: none"> award 1 mark for each correct description of the food preparation technique of rubbing in <p><i>(Up to a maximum of 1 mark)</i></p>
(f)	<p>Possible candidate response could include:</p> <ul style="list-style-type: none"> you can test a baked blind pastry case for readiness by checking that the pastry is dry with no damp patches you can check to see if a baked blind pastry case is ready by ensuring that is firm to the touch you can check to see if a baked blind pastry case is ready by checking the colour as it should be a slightly golden brown in colour <p>Or any other valid response</p>	2	<p>Candidates should clearly describe two ways in which to test a baked blind pastry case for readiness.</p> <ul style="list-style-type: none"> award 1 mark for each correct description of how to test a baked blind pastry case for readiness <p><i>(Up to a maximum of 2 marks)</i></p>

Questions		Expected Response	Max Mark	Additional Guidance
3.	(a)	<p>Possible candidate response could include:</p> <ul style="list-style-type: none"> • order of work 2 <p>Or any other valid response</p>	1	<p>Candidates should identify the correct order of work for making the chicken skewers and lemon cheesecake</p> <ul style="list-style-type: none"> • award 1 mark for correctly identifying the correct order of work <p>If candidates choose order of work 1 - then they do not get the mark, however, if they provide valid explanations for choosing this order of work, they can be awarded marks in 3(b).</p> <p><i>(Up to a maximum of 1 mark)</i></p>
	(b)	<p>Possible candidate response could include:</p> <ul style="list-style-type: none"> • order of work 2 is most suitable as it makes the cheesecake base first this will therefore allow it enough time to chill so wont crumble when served • order of work 2 is most suitable as the marinade is made early in the process so this will allow time for the chicken to absorb the flavours • order of work 2 is most suitable as it serves the skewers before the cheesecake as this is what you would expect in a restaurant • order of work 2 is most suitable as it gives the cheesecake time to chill after is assembled and before it is served as it has had this time it will hopefully be set and ready to serve <p>Or any other valid response</p>	3	<p>Candidates should explain their reasons for why this order of work has been chosen for making the chicken skewers and lemon cheesecake.</p> <ul style="list-style-type: none"> • award 1 mark for each correct explanation for choosing the order of work <p>Candidates will not be penalised if they identify the incorrect order of work and can be awarded</p> <ul style="list-style-type: none"> • 1 mark for each correct relevant explanation for choosing the order of work <p><i>(Up to a maximum of 3 marks)</i></p>

Questions		Expected Response	Max Mark	Additional Guidance
	(c)	<p>Possible candidate response could include:</p> <p>Storage</p> <ul style="list-style-type: none"> raw chicken should be covered and sealed and stored in the bottom of the refrigerator <p>Explanation</p> <ul style="list-style-type: none"> it should be covered and sealed in the bottom of the refrigerator to prevent any juices from the chicken spilling onto any other foods which could cause cross contamination <p>Or any other valid response</p>	2	<p>Candidates should describe how each ingredient should be stored and explain why for each method of storage is suitable.</p> <ul style="list-style-type: none"> award 1 mark for each correct description of suitable storage for the ingredient award 1 mark for each correct explanation of why the method of storage is suitable <p><i>(Up to a maximum 2 marks)</i></p>
	(d)	<p>Possible candidate response could include:</p> <p>Remove Jewellery</p> <ul style="list-style-type: none"> the food handler should remove jewellery as bacteria can get caught in the grooves of the jewellery and this could contaminate the food the food handler should remove jewellery as small stones etc can fall out of the jewellery and this would then cause physical contamination to the food <p>Blue Plasters</p> <ul style="list-style-type: none"> the food handler should wear a blue plaster as it can be easily seen and if it falls off into food it can be identified quickly the food handler should wear a blue plaster as wounds and cuts need to be covered to prevent any bacteria living in the wound from contaminating the food the food handler should wear a blue plaster as wounds and cuts need to be covered to prevent any blood that may come from the cut from contaminating the food <p>Or any other valid response</p>	2	<p>Candidates should clearly explain why the personal hygiene rules must be followed when preparing food</p> <ul style="list-style-type: none"> award 1 mark for each correct explanation for the personal hygiene rule identified <p><i>(Up to a maximum of 2 marks)</i></p>

Questions		Expected Response	Max Mark	Additional Guidance
	(e)	<p>Possible candidate response could include:</p> <p>Lemon Zest</p> <ul style="list-style-type: none"> the lemon zest is bright yellow in colour, this is good as it will complement the pale yellow of the cheesecake and make it look more appealing the lemon zest has a strong lemon flavour, this is good as it will help to make the lemon flavour in the cheesecake stronger the lemon zest has a yellow colour this is not good as it is too similar in colour to the cheesecake so will not make the appearance of the cheesecake better <p>Grated White Chocolate</p> <ul style="list-style-type: none"> the grated white chocolate is white in colour this is not good as it will be too similar in colour to the cheesecake and won't be seen as a decoration the grated white chocolate is sweet in flavour this is not good as the cheesecake is already quite sweet so will make it even sweeter <p>Or any other valid response</p>	2	<p>Candidates should evaluate the effect of colour or flavour in relation to the identified ingredients to decorate the lemon cheesecake</p> <ul style="list-style-type: none"> award 1 mark for each evaluative comment which: <ul style="list-style-type: none"> shows a clear understanding of the effect of colour or flavour linked to the ingredient and the decoration of the cheesecake includes an appropriate judgement on the effect of colour or flavour on the ingredient as a decoration for the cheesecake comments on the impact of the ingredient in relation to colour or flavour in relation to the decoration of the cheesecake <p><i>(Up to a maximum of 2 marks)</i></p>

[END OF MARKING INSTRUCTIONS]