

Practical Cookery

National 4

Progression through Practical Cookery

National 5
Practical
Cookery



Course Content

There are 3 Units in National 4 Practical Cookery:

1. Cookery Skills, Processes & Techniques
2. Understanding & Using ingredients
3. Organisational Skills for Cooking

Skills Developed

The National 4 Practical Cookery course aims to develop a range of basic cookery skills and food preparation techniques as well as basic planning, organisational & time management skills, in hospitality-related contexts.

Pupils will gain an understanding of the importance of food safety and hygiene, using sustainable ingredients and current dietary advice relating to the use of ingredients.

The course includes practical cookery (1 - 2 dishes per week) which will allow pupils to develop a range of practical food preparation skills and techniques using appropriate tools and equipment as well as develop organisational skills needed to research, plan, prepare and evaluate products & processes.

Assessment

- Unit by unit assessment
- Added Value Unit comprises of a 1.5 hr exam during which you plan and produce a 2 course meal.

Related Careers

Possible careers relating to Practical Cookery include:

- Food service/catering
- Chef
- Home Economics Teacher
- Food Technologist
- Hotel Management
- Journalism

Gordon Ramsay, Nadiya Hussain, Nigella Lawson, Jamie Oliver and Lucy Jones have all built successful careers based on skills relating to Practical Cookery.

