



Health & Wellbeing Dept.

National 5 Practical Cookery Study support Guide



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COURSE ASSESSMENT

There are two components within the final assessment:

Practical activity (70% of final mark)

The activity has two parts;

Planning for practical activity

Time-plan (10 marks)

Equipment requisition (4 marks)

Service details (4 marks)

These are completed under exam conditions using unseen recipes set by SQA.

Marked by SQA

Practical Activity – You will be required to prepare and serve a given three course meal within 2 hours 30 mins

Preparation and service of given dishes to restaurant standards.

Internally assessed & marks submitted to SQA.

Dates of final exam to be confirmed.

Written examination (30% of final marks)

The question paper is worth 30 marks and you will have 1 hour to complete this.

This will cover the theoretical aspects of the course content.

(See SQA exam calendar for date)



Time plans

It is a good idea to bring four different coloured highlighters to the exam.

Before starting your time plan read through all the recipes carefully.

Highlight all the preparation which can be done in the preparation time- (Weigh & measure ingredients **except those which state prepared weight as these must be weighed during the exam**, Peel any vegetables which are listed as “peeled”, prepare garnishes, set up work space).

Work out which dish takes longest to cook/prepare and plan to start this first.

Think about when each dish needs to be served and work backwards from there to ensure you put food in the oven/ on the hob etc at the correct time to allow for sufficient cooking. This will help you work out the correct sequence of activities.

When writing a time plan there are 5 times which must be included in your time plan. **(Put these in first)**

Start time: (Usually 10:00am)

Service time for starter: (usually 2 hours after start: 12:00pm)

Service time for main course: (usually 2hrs 15 mins after start: 12:15pm)

Service time for dessert: (usually 2hrs 25mins after start: 12:25pm)

Finish time: (2 hrs 30mins after start: 12:30pm)

Time the activities into 10-15 minute blocks.

Include all activities in the time plan giving sufficient detail to show how ingredients will be prepared e.g.

- Wash, Peel, rewash and cut 50g carrot into batons
- Sauté 25g onion, 1 clove garlic in 25g butter until soft but not coloured.

Clearly state cooking time – when will it be put in oven/on the hob, when will you check for readiness, when should it be taken out of the oven/off the hob.

Remember to include safety and hygiene points – wash hands regularly, dispose of waste, **Clean as You Go.**

Check that you have remembered to Taste and adjust seasoning

Now go back and highlight the stages for each dish in a different colour. E.g. red for starter, blue for main course, green for dessert.



In preparation for the exam you could practice writing time plans for any of the past papers on the SQA website (www.sqa.org.uk). E mail these to your teacher who will provide feedback.



Equipment Requisition

Read through each recipe line by line and list all equipment required to carry out that task.

You may need to use a piece of equipment more than once in a particular recipe which is fine as you can wash it, but you should only list it once.

Remember to include scales, measuring spoons, measuring jugs, greaseproof paper, oven gloves etc.

Task	Equipment
1. Crush 100g of biscuits	2x polythene bag, rolling pin
2. Melt margarine, add crushed biscuits, mix	Medium sized pan, wooden spoon
3. Press mixture into flan ring, cover, place in fridge to chill	Flan ring, baking tray, metal spoon, clingfilm




Service Details

You must provide a detailed description of how each dish will be served. Drawing a labelled diagram of your service details will help the marker visualise how your dish should look.

You must include the following details:

- Name of dish
- Service time
- Temperature at which each component of the dish will be served- hot/warm/cold
- Details of the dish in which food will be served- colour/shape/size/temperature/number of dishes
- Details of garnishes/decoration including how it will be prepared and position on dish.

Strawberry cheesecake	12:25 pm
Cheesecake served cold on four clean square, white side plates at room temperature	
	3 strawberry slices- 2 on top of cheesecake, 1 on plate pointing to corner, 2 small mint leaves above each strawberry slice



To get all the marks for service, your dishes must be presented exactly as you have described in your plan.

If more than one dish they must be exactly the same.



Practical Activity

You must prepare, cook, finish and serve all three dishes within the 2½ hours.

Dishes served at the wrong time will not be awarded the marks for service but you will be awarded any marks given up to this point.

You will be watched throughout this activity and marks will be awarded for each task carried out correctly.

If something goes wrong you are allowed to remake it if you have time. Let your teacher know and additional ingredients will be provided.

In addition to the marks awarded for practical cookery skills/techniques and processes there are **12 marks** available for professional practice (4 marks each for weighing & measuring, hygienic work practices, Safe working Practices)

Weighing & Measuring – All ingredients particularly those identified in the recipe as “prepared weight” are accurately weighed or measured. E.g. weigh the onion after it has been chopped.

Hygienic working practices – all tasks have been carried out showing a good standard of hygiene throughout the assignment. This includes good personal hygiene such as nail polish/acrylics being removed, no jewellery, hair tied back and washing hands frequently



If you do not have time to wash dishes during the exam, stack them neatly beside the sink to allow you to keep work surfaces clear.

If you do have time to wash them leave to drip dry

Safe working practices – all tasks have been carried out safely. Examples would include using a non-slip mat under a chopping board, using oven gloves to lift hot dishes out of the oven **not** a tea towel, ensuring you have turned off rings, grill oven after use.

THINGS TO DO!

You are allowed to practice each of the exam dishes only once in class. You can however practice these or similar dishes at home as often as you like.

I would strongly recommend you do this to build skills, speed and confidence. Pupils who have done this in the past have done better in the exam than those who have not practiced.

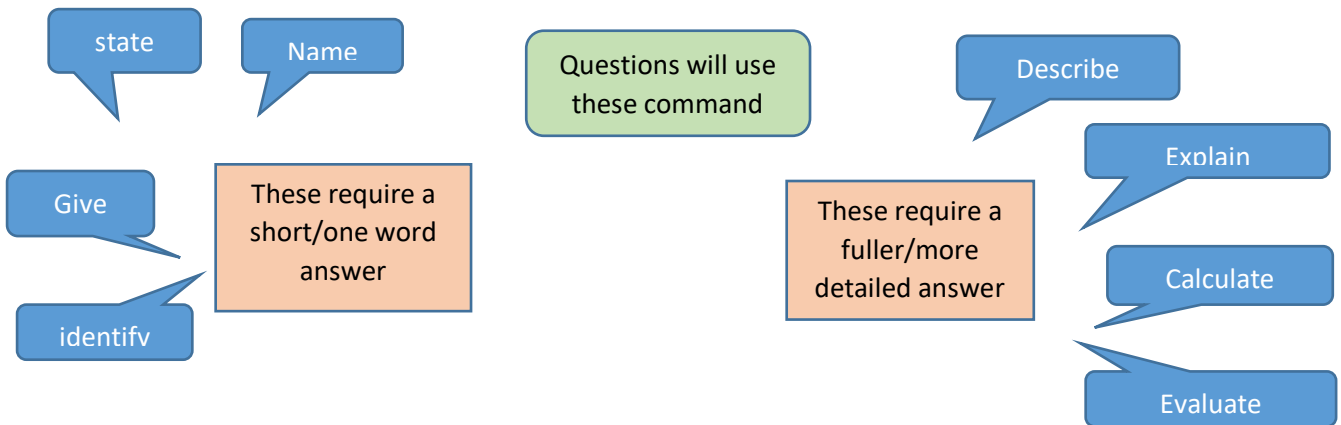


Written Examination



1. You must attempt all questions
2. Read the question carefully
3. Highlight the key words in the question. Your answer must link to the key words.
4. Look at the number of marks being awarded. If a question is worth three marks there should be three key points in your answer.
5. If you get stuck, leave it out and come back to it later
6. Read over your answers when you have finished – you might think of something you can add.

There are 5 types of questions, each assesses a particular skill.



COMMAND WORD	WHAT'S NEEDED	EXAMPLE OF ANSWER
LIST/NAME/ IDENTIFY	List items or facts	Fat, Salt, Sugar
DESCRIBE	Define points relating to question	Question: Describe where fresh cream should be stored to ensure food safety. Answer: Store in a clean, covered container in the refrigerator.

EXPLAIN	Relevant points and making connections to the question	<p>Question: Explain two ways in which a chef could amend a recipe for macaroni cheese to make it healthier.</p> <p>Answer: They could change the cheddar cheese to a low fat cheddar cheese which would reduce overall fat content of the dish.</p>
CALULATE	Work out costings	Work out ingredient cost and total cost of dish – calculators can be used
EVALUATE	Make a judgement based on the information provided, related to the context of the question & give a consequence	<p><i>Award 1 mark for each relevant evaluative comment linked to the context of the question.</i></p> <p><i>Award a second mark for any evaluative comment that is developed.</i></p> <p>FOC- Fact, Opinion, Consequence</p> <p>Question: Evaluate the suitability of macaroni cheese for a Scottish-themed restaurant.</p> <p>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 community.</p> <p>(1 mark for evaluative comment)</p> <p>The cheese will also add colour to the dish, making it appealing to consumers.</p> <p>(A further mark for the development of the comment)</p>

The topics that could appear on the Written Exam Paper may include the following:

1 Altering a Recipe to make it **HEALTHIER** –

- Replace or add an ingredient
- Reduce or remove an ingredient
- Change the cooking method of an ingredient

You will need to state **WHAT** you are going to do and give an explanation as to **WHY** this will make the dish Healthier and meet Current Dietary advice.

Current dietary advice.

To reduce calorie intake, to reduce salt intake, to reduce sugar intake and to reduce saturated fat intake as well as overall fat intake.

To increase intake of Fruit and Vegetables, to increase intake of fibre and to increase intake of oily fish

2 Impact of using **SUSTAINABLE** ingredients in a recipe –

Advantages:

- Benefits – Sourcing locally will reduce the amount of food miles, reducing carbon foot print, help to sustain the local/Scottish economy and help local suppliers and farmers.
- Using FREE RANGE Chicken and Eggs helps to improve the animals welfare
- Using ORGANIC meat, vegetables, milk and other dairy products has less impact on the environment and improves animal welfare

Disadvantages:

- Shorter shelf life of Ingredients
- Reduce the profit of a business as they are more expensive to purchase
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3 Functions of Ingredients – what is the purpose of an ingredient in a dish?

The ingredient could help to:

- To thicken a product – sauces, stews, casseroles etc.
- To add flavour, texture, colour or improve the taste of the product
- To set a product – Quiche, flans, tarts and tartlets
- To make the product rise – Cakes, buns, scones, bread etc.

You will need to explain **WHAT** the ingredient is doing to the Product being made and its **BENEFIT** to the dish e.g. making it more appealing to the customer or making it taste better.

4 HEALTHY COOKING METHODS –

You will need to explain the health benefits of cooking foods using the following methods:

- Stir frying- uses less fat so reduces fat intake, quicker so reduces loss of vitamins in vegetables
- Poaching- no fat used
- Stewing- vitamins are retained in cooking liquid so aren't lost
- Baking-
- Grilling- fat drips out so fat content reduced
- Steaming- little water so vitamins aren't lost

1. The method might save time or save energy because its quick to do – Stir frying
2. nutrients are retained and not lost as no water is added or the nutrients are retained in the sauce served with the dish e.g. Casserole or Stew,
3. the short cooking time does not destroy the nutrients – Stir frying
4. No fat is added when the dish is being cooked or baked – Poaching, Steaming
5. Fat is removed from the product whilst cooking and it reduces fat intake e.g. Grilling

5 HYGIENE AND FOOD SAFETY -

1. Preventing Cross Contamination –

- Prepare raw meat on a separate board to avoid raw meat juices contaminating ready to eat or cooked foods
- Wash equipment thoroughly after preparing raw meat to avoid raw meat juices contaminating ready to eat or cooked foods
- Wash hands after handling raw meat and after cracking egg's to ensure bacteria is not transferred from raw meat and eggs to ready to eat foods

2. Correct storage of Ingredients

- Raw chicken – store in a clean sealed container in the fridge to prevent bacterial growth and cross contamination
- Opened bag of sugar - store in a clean sealed container in the dry store to prevent the sugar getting damp and being spoiled and contaminated

- Opened tin of Tuna – transfer Tuna into a clean sealed container and store in the fridge to prevent bacterial growth and cross contamination. Date the container to ensure it is used safely.
- Opened Jar of Pasta Sauce – transfer Sauce into a clean sealed container and store in the fridge to prevent bacterial growth and cross contamination. Date the container to ensure it is used safely **OR** store the Jar in the Fridge to prevent bacterial growth and cross contamination. Date the jar to ensure it is used safely.
- Unopened bag of flour store in a clean sealed container in the dry store to prevent the flour getting damp and being spoiled and contaminated **OR** in the original package on a shelf in the dry store to prevent the flour getting damp and being spoiled and contaminated

6 KNIFE AND EQUIPMENT SAFETY

- When using a cooks knife keep the point on the board to avoid cuts
- When carrying a cooks knife hold by the handle and point to the floor to avoid accidents
- When washing a cooks knife hold by the handle and wipe with the blade facing away from you to avoid cuts
- Store cooks knife in a knife block or on a magnetic wall mounted strip, not loose in a drawer to avoid accidents and cuts
- Other sharps include vegetable knives, graters, skewers and kitchen scissors

7 PREPARING EQUIPMENT FOR USE

- Correct preparation of a Swiss roll tin for a Roulade

Small amount of grease on tin to hold paper, place paper in tin and push into corners, cut corners so it lays flat, grease paper well.

- Correct preparation of a Cake tin for a Victoria Sponge

Cut circle of paper to fit bottom of tin, small amount of grease on tin to hold paper, place circle of paper in tin, grease well.

- Correct preparation of a Baking tray for Pavlova or Meringue nests

Cut parchment paper to fit tray, use a little meringue to hold it down in corners, draw circles on reverse of paper if required.

- Correct preparation of a Baking tray and Flan ring for a Quiche or Tart

Flour baking tray, grease flan ring lightly.

If baking blind- roll out pastry, fork holes in base, cover with paper and baking beans.

- Correct Preparation of equipment for making Pavlova or Meringue Nests

Bowls and all equipment must be clean and grease free.

8 FOOD PREPARATION TECHNIQUES

- Technique used for 'Rubbing in' to make Pastry
- Technique and equipment used for Folding in and benefit of this technique to the product – Minimise the air loss in the product e.g. Whisked sponge or Meringue
- Technique and equipment used for making a Whisked sponge
- Technique used for Kneading bread and Pastry and the benefit to the Pastry or Dough
- Blanching method for Vegetable and Fruit Preparation and benefit to producing a dish
- Sieving flour and other ingredients together and its benefit to the product being made

9 USE OF SUITABLE GARNISHINGS AND DECORATIONS

Selection and Preparation of garnishes and decorations -

- Correctly name the Garnish or Decoration being used on the dish

e.g. Lemon

- Describe how you will prepare it for the dish

e.g. Cut lemon into Wedges or Cut into thin slices or Made into lemon twists

- Effect on the dishes taste, texture and appearance

e.g. A lemon Wedge used on a battered fish dish will improve the taste of the Fish when it is squeezed over it as it is slightly acidic in taste, which is good as the Fish might be bland without it. It will also improve the appearance of the Battered Fish as it is Yellow in colour making it more appealing and attractive to the customer.

10 COSTING or CALCULATION OF A RECIPE

There will definitely be a maths based question. Practice and Practice!

Cost of packet/item

____ Divided by _____ x Total weight in recipe = cost
Quantity in pack/item

Cost, divided by quantity in packet x quantity required in recipe = cost

Remember – easier to do it in pence rather than pounds. (Remove the decimal point)

Look at cost = if 6 stock cubes are 45p then 1 isn't going to be 10p ($45 \div 6 = 7.5p$)

(When getting .5 or above round up to next whole pence,
.4 or below should be rounded down)

Pasta at £1.25 a kilo isn't going to be £3.00 for 100g

Remember a kilo =1000g and a litre is 1000mls

Look at how many portions it's for – it is usually 4 but might not always be!!!!

Calculate the total cost to make four portions of this dish – add up the cost of all ingredients.

Calculate the cost to make one portion: cost for whole dish \div 4

Check, check & check your answers again – These should be easy marks!



Some students prefer do this question first and secure these marks in case they run out of time later.

If you have any questions/problems whilst revising please feel free to contact us by e-mail or text.

Good Luck !