

S3 Practical Cookery: Overview

- A passion for cooking or interested in developing your confidence in the kitchen?
- Interested in working in the Hospitality industry?
- Keen to learn about different ingredients?
- Enjoy experimenting in the kitchen and tasting different foods?



S3 Practical Cookery: Pathways

- In S1 and S2 all pupils experience 1 period of Home Economics per week.
- In S3, pupils will experience 2 periods of Practical Cookery which will develop the skills and knowledge desired to pick National 4/ 5 in S4 – 6.
- Along with developing the skills and knowledge outlined above pupils will also work on key skills for life and work.



S3 Practical Cookery: Course Content

Throughout the Practical Cookery course you will cover 5 key areas:

- Cookery processes
- Food preparation
- Product development
- Food hygiene
- Store cupboard cooking

Across these areas you will develop a range of skills. These include:

- Food presentation
- Cooker control
- Knife skills
- Weighing & measuring
- Following a recipe
- Organisation & timekeeping



S3 Practical Cookery: Assessment

Throughout this course you will complete a mix of practical and written tasks. Examples of the different types of assessment include:

- REHIS – Pupils given the opportunity to gain their Elementary Food Hygiene qualification
- Product Development – Develop a recipe followed by a group presentation
- Practical Assessment – 1 course cooked under timed conditions
- Written Assessment – Answer a series of short exam style questions



S3 Practical Cookery: Entry Requirements

- Due to the practical nature of this course it is recommended but not essential that pupils have achieved level 3 by the end of S2 Home Economics.
- Pupils should be enthusiastic and turn up to all lessons fully prepared (apron and container when cooking).
- To help develop their skills pupils are encouraged to practice at home.

