

# Food, Health and Well-Being National 2

## Practical Cookery National 3/4

### What will I study?

#### S3 - Food, Health and Well-Being @ National 2:

The purpose of the Course is to enable learners to understand the relationship between food, health and wellbeing. Pupils will develop the knowledge and practical skills required to produce healthy dishes and develop practical skills required to support independent living.

#### Progressing to ...

#### S4 - Practical Cookery @ National 3/4:

This Course aims to further develop pupil's basic cookery skills and to provide a build a set of foundation skills for those who wish to progress in the hospitality context. The Course enables pupils to learn how to prepare and cook food for themselves and others. It also develops their basic organisational skills.

### What skills will I develop?

There is a significant emphasis on skill development throughout the course. You will develop skills required for food preparation like how to use knives safely, cookery processes, presenting dishes and the importance of hygiene in the kitchen.

You will also develop many organisational and creative skills that will enable you to follow recipes; plan, produce and cost dishes and meals; and to work safely and hygienically.

### How will I be assessed?

**National 2 Food, Health and Well-Being:** All units are assessed in school by your class teacher. Some assessments will be focus on practical cooking skills, some will focus on your understanding of course theory.

**National 3/4 Practical Cookery:** All units are assessed in school by your class teacher. Within these units you will complete a practical assessment where you will plan and produce a variety of dishes under time constraints.

### What can I go on and study in fifth and sixth year?

**National 4** → ASDAN combined with added value courses such as Saltire Awards/ Volunteering/Basic First Aid.

### Possible Careers



### Need more info? -

[Nationals in a nutshell](#)