

## What will I study?

### There are three areas of study:-

**Understanding and Using Ingredients:** You will learn about ingredients from a variety of different sources and of their characteristics. You will also learn about the importance of sustainability, the responsible sourcing of ingredients and current dietary advice.

**Cookery Skills, Techniques and Processes:** Learn about cookery skills, food preparation techniques and how to apply these when producing a variety of dishes.

**Organisational Skills for Cooking:** Learn about planning, organisational and time management skills.

## What skills will I develop?

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?

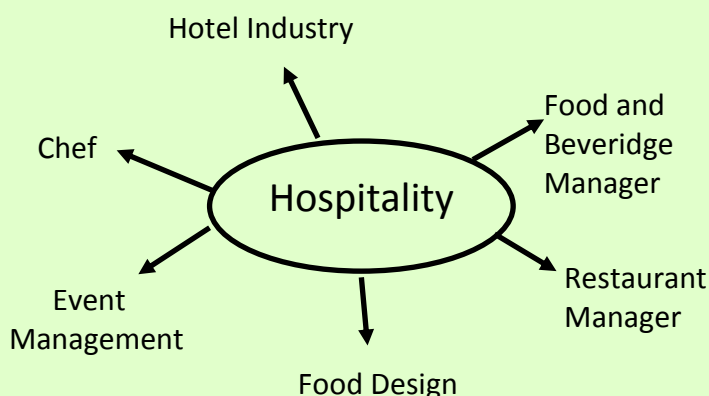
**National 5** pupils complete a practical exam that is assessed in school where you will plan and produce a three course meal under time constraints. Your plan will be sent away to be marked. You will also sit a written exam.

**National 4** units are assessed in school by your class teacher. You will also complete a practical exam where you will plan and produce a two course meal under time constraints. This is completed in school and marked by your class teacher.

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

**National 4** → **National 5 Practical Cookery**  
**National 5** → **National 5 Cake Craft** or  
**National 5 Health, Food and Technology**

## Possible Careers



## Need more info? -

[Nationals in a Nutshell](#)