

National 3 Practical Cookery (Course Code: C877 73)

SCQF Level 3 (18 Credit Points)

Why study Practical Cookery?

Healthy, tasty food is crucial to our wellbeing. The course will suit you if you love food and cooking and want to develop your skills in this area.

Being able to cook for yourself and others is a valuable life skill and can lead to a range of careers, including working in hotels and restaurants, the health sector and the food industry.

Career Pathways

To see what career areas this subject could lead to and the routes to get there, download and view these career pathways:

[Hospitality, Leisure and Tourism](#)

[Sport](#)

What do I need to get in?

The school or college will decide on entry requirements for the course. You would normally have achieved:

- **National 2 Food, Health and Wellbeing**

What will I study?

This course is practical and relevant to the world of work. You will learn how to choose ingredients, prepare dishes and present them well. You will learn how to work safely and hygienically while developing your cookery, food preparation and organisational skills.

There are **three** compulsory units.

Cookery Skills, Techniques and Processes (6 SCQF credit points)

In this unit you will learn how to:

- produce basic dishes
- work safely and hygienically.

Understanding and Using Ingredients (6 SCQF credit points)

In this unit you will learn about:

- a range of ingredients and their uses

- current dietary advice relating to the use of ingredients
- choosing and using ingredients to prepare dishes
- working safely and hygienically.

Organisational Skills for Cooking (6 SCQF credit points)

In this unit you will learn how to:

- produce dishes and present them appropriately
- evaluate the product.

How will I be assessed?

Your work will be assessed by your teacher or tutor on an ongoing basis throughout the course. Items of work might include:

- practical work - such as cooking
- written work - such as recipes and evaluations
- projects
- class-based tasks.

You must pass all three units to get the qualification.

Study Materials

What can I go on to next?

If you complete the course successfully, it may lead to:

- **National 4 Practical Cookery**

Further study, training or employment in:

- Hospitality, Leisure and Tourism
- Sport