

The logo consists of the letters 'N5' in a large, white, sans-serif font, set against a solid purple square background.

National 5
Coursework
Assessment Task



National 5 Practical Cookery Assignment and practical activity Instructions for centres

This document provides information for assessors about the coursework component of this course in terms of the skills, knowledge and understanding that are assessed. It **must** be read in conjunction with the course specification.

Valid for session 2024-25 only.

This assessment is given to centres in strictest confidence and must be kept in a secure place until it is used.

The practical activity should be carried out in a single sitting.

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Introduction

This document contains instructions for centres, recipes and marking instructions for the National 5 Practical Cookery assignment and practical activity. It must be read in conjunction with the course specification.

The assignment and practical activity are together worth 100 marks. The marks contribute 75% of the overall marks for the course assessment.

The assignment and practical activity are inter-related components and are assessed using one activity. Candidates carry out one task – planning and producing a meal – which provides evidence for both components.

The assignment and practical activity combined task has two stages:

Stage 1: planning (assignment) has 18 marks.

Please note: candidates must have access to their planning booklet during this stage. If this stage is completed electronically, candidates must have electronic access to the candidate booklet only. **It is not permissible for candidates to access the recipes electronically.**

The assignment must be submitted to SQA for external marking.

Stage 2: implementing (practical activity) has 82 marks.

The practical activity is internally marked by centres, using the information in this document.

Instructions for centres

In the practical activity, candidates must plan, prepare and serve the following three-course meal:

- ◆ Spicy frittata with mango dressing
- ◆ Lentil and red pepper lasagne
- ◆ Chocolate and orange layer cake

Each dish is for four portions and candidates must prepare, cook and serve the dishes within 2 hours and 30 minutes.

Dish	Service time	Service dishes
Spicy frittata with mango dressing	2 hours after start time	Four individual clean, warm plates
Lentil and red pepper lasagne	2 hours 15 minutes after start time	Clean ovenproof dish
Chocolate and orange layer cake	2 hours 25 minutes after start time	Clean serving plate at room temperature

Please note: candidates are allowed to practise the individual dishes once. Candidates must complete the practical activity once, which must be on the day of their assessment.

Candidates must undertake the practical activity without any assistance from their assessor, unless it is to ask for a specific piece of equipment or food.

If candidates serve a dish more than five minutes early, they can still be awarded marks under 'Service', but marking must take place at the correct service time.

If candidates serve their dishes more than five minutes late, no marks must be awarded under the heading 'Service'.

No marks are awarded under the heading 'Service' for dishes served after the end of the practical activity.

Time prompts may be given every 30 minutes, and 5 minutes before each service time.

Access to the practical area

Only the candidates who are carrying out the practical activity and their assessor are allowed in the practical area. The only exceptions are, if applicable, an SQA appointed visiting verifier, the centre internal verifier and/or ASN staff (where this has been approved by SQA).

Session conditions

All candidates must work under examination conditions. A maximum of eight candidates should be assessed at any one time. If your centre is being verified, there must only be a maximum of six candidates assessed during the practical session. Completed dishes are to be presented by the candidates in an area set aside for this purpose and must not be served on candidates' worktables.

Preparation allowed out with the specified practical session

The centre must supply all equipment and food. Candidates must organise their personal work area with all the required cooking and serving equipment before the practical activity starts. Candidates can weigh and measure ingredients in advance, so that they have the full allocation of time to prepare and present their dishes. Candidates can only prepare raw ingredients if this is stated in a recipe. If garnishes or decorations are not stated in the recipes, candidates can prepare them in advance.

Centres must have a supply of additional ingredients in case candidates make a mistake. Candidates must be encouraged to rectify mistakes, providing time is available, and then be marked accordingly.

Assessment arrangements

SQA's policy on assessment arrangements for disabled candidates, and/or those with additional support needs, allows for adjustments to be made to the practical activity if candidates are placed at a substantial disadvantage. The individual needs of these candidates must be referred to SQA in advance. A decision will then be made on any proposed adjustment or change.

If you have any questions about assessment arrangements, please contact the Assessment Arrangements team on 0345 213 6890 or by e-mail: aarequests@sqa.org.uk.

If you have any questions about the practical activity, or if any of your candidates have a requirement to use alternative ingredients, contact Suzanne Train, Qualifications Officer, by e-mail: suzanne.train@sqa.org.uk.

Recipes

Spicy frittata with mango dressing

Ingredients

Potato (peeled)	75 g	(prepared weight)
Courgette	30 g	(prepared weight)
Onion (peeled)	75 g	(prepared weight)
Garlic (peeled)	2.5 ml	(prepared volume)
Fresh chilli pepper	5 ml	(prepared volume)
Tomato	1 medium	
Fresh coriander	15 ml	
Eggs	2 medium	
Vegetable oil	15 ml	
Ground coriander	1.25 ml	
Turmeric	1.25 ml	
Mango chutney	15 ml	
Natural yoghurt	30 ml	
Salt		
Pepper		

Oven temperature 190°C/Gas mark 5/Fan 170°C

15 cm round baking tin

Method

1. Preheat the oven.
2. Grease and line the baking tin with greaseproof paper.
3. Dice the potatoes.
4. Cook the diced potatoes in boiling water for 6 minutes, drain and leave to cool.
5. Dice the courgette and the onion.
6. Crush the garlic, finely dice the chilli pepper and chop the tomato roughly.
7. Finely chop the fresh coriander.
8. Beat the eggs and add 10 ml of the chopped coriander.
9. Heat the oil in a frying pan; add the onion, garlic and chilli and shallow fry for 3 minutes.
10. Add the courgette and cook for a further 3 minutes.
11. Stir in the ground coriander and turmeric, cook for 1 minute.
12. Remove from heat, add the potatoes and tomato, stir well and season.
13. Transfer the mixture into the prepared baking tin and pour over the egg mixture.
14. Bake in the oven for 15 minutes until set.
15. Remove from the oven and leave to cool slightly. Remove from the tin.
16. Mix the mango chutney, yoghurt and remaining chopped coriander together.
17. Portion the frittata and serve warm on four individual clean, warm plates.
18. Serve with the dressing and garnish appropriately.

Lentil and red pepper lasagne

Ingredients

Red onion (peeled)	50 g	(prepared weight)
Garlic cloves (peeled)	7.5 ml	(prepared volume)
Red pepper	50 g	(prepared weight)
Celery	50 g	(prepared weight)
Carrot (peeled)	50 g	(prepared weight)
Oil	10 ml	
Dried mixed herbs	5 ml	
Tomato puree	5 ml	
Passata	200 ml	
Lentils	80 g	
Vegetable stock	250 ml	
Cheddar cheese	50 g	
Margarine	25 g	
Flour	25 g	
Milk	250 ml	
Salt		
Pepper		
Lasagne sheets	4	

Oven temperature 190°C/Gas mark 5/Fan 170°C

Method

1. Preheat the oven.
2. Finely chop the red onion and crush the garlic.
3. Cut the red pepper into batons, slice the celery and dice the carrot.
4. Heat the oil in a pan, add all the vegetables and fry for 3-4 minutes.
5. Add the dried mixed herbs, tomato puree, passata, lentils and stock.
6. Mix well, bring to the boil and simmer for 15-20 minutes. Adjust the consistency if required.
7. Taste and season, remove from heat and reserve.
8. Grate the cheese.
9. Melt the margarine, add the flour and cook for 1 minute. Remove from the heat.
10. Gradually add the milk, return to the heat, bring to the boil and simmer until thickened.
11. Remove from the heat, add 25 g of the grated cheese and mix well. Taste and season.
12. Add half of the lentil mixture to a suitable sized ovenproof dish, then a layer of the lasagne sheets; repeat these layers; then finish with the cheese sauce.
13. Sprinkle with the remaining grated cheese and bake for approximately 25-30 minutes.
14. Clean the edges of the dish, garnish appropriately and serve hot.

Chocolate and orange layer cake

Ingredients

Orange	1
Eggs	2 medium
Caster sugar	50 g
Flour	50 g
Double cream	125 ml
Icing sugar	5 ml
Plain chocolate chips	25 g

Oven temperature 200° C/Gas mark 7/Fan 180° C

500 g loaf tin

Method

1. Preheat the oven.
2. Grease and line the loaf tin with greaseproof paper.
3. Zest the orange and reserve 5 ml of the zest.
4. Whisk the eggs and caster sugar until light and fluffy.
5. Double sieve the flour, add the zest and fold into the egg mixture. Pour into the prepared tin ensuring it spreads evenly.
6. Bake for 12-15 minutes until risen and golden brown.
7. Remove the sponge from the oven, cool for 5 minutes then remove from the tin to cool completely.
8. Skin and segment the orange.
9. Reserve four evenly sized segments for decoration. Chop the remaining segments and set aside.
10. Whisk 100 ml of the cream to a piping consistency.
11. Reserve 25 ml of the whisked cream for piping.
12. Fold the icing sugar and chopped oranges into the remaining 75 ml of the whisked cream.
13. Cut the sponge in half horizontally.
14. Spread the sponge with the cream and orange mixture and sandwich together. Chill until required.
15. Place the chocolate chips and the remaining 25 ml of double cream into a heatproof bowl. Melt slowly to form a ganache.
16. Drizzle the ganache over the cake and chill for approximately 10 minutes.
17. Pipe on the reserved whisked cream to show four portions.
18. Decorate with the reserved orange segments and serve on a clean, room temperature plate.

Marking instructions

In line with SQA's normal practice, the following marking instructions are addressed to the assessor. They will also be helpful for preparing candidates for course assessment.

The assignment: stage 1: planning, is submitted to SQA for external marking.

The practical activity: stage 2: implementing, is internally marked and quality assured by centre staff, in line with the marking instructions provided in this document.

The marking instructions indicate how marks should be awarded for each of the skills, techniques and processes assessed as part of the practical activity. These marks should be recorded appropriately by the assessor using the recording table. The assessor should use the practical activity assessment record for the overall mark achieved.

Marking instructions – Spicy frittata with mango dressing: allocation of marks (22 marks)

Activity	Skills, techniques and criteria	Marks	Marks	Marks	Marks	Marks
Food preparation techniques (max 10 marks)	<ul style="list-style-type: none"> ◆ line ◆ dice ◆ chop ◆ mix ◆ portion 	10 marks All food preparation techniques were carried out correctly.	7-9 marks Almost all food preparation techniques were carried out correctly.	4-6 marks Some food preparation techniques were carried out correctly.	1-3 marks Few food preparation techniques were carried out correctly.	0 marks No food preparation techniques have been carried out correctly.
Cookery processes (max 4 marks)	<ul style="list-style-type: none"> ◆ boil ◆ shallow frying ◆ bake 	4 marks All cookery processes were carried out correctly on each occasion as per the recipe.	2-3 marks Most cookery processes were carried out correctly on each occasion as per the recipe.	1 mark Some cookery processes were carried out correctly on each occasion as per the recipe.	0 marks No cookery processes have been carried out correctly as per the recipe.	
Service (max 8 marks)	<ul style="list-style-type: none"> ◆ frittata and mango dressing served on 4 warm, clean plates ◆ frittata served as 4 identical portions ◆ frittata served warm ◆ frittata is well flavoured ◆ texture of frittata is correct – set correctly ◆ frittatas are garnished appropriately ◆ frittatas are served according to service details 	8 marks Service of the frittata meets all of the service criteria.	6-7 marks Service of the frittata meets almost all of the service criteria.	4-5 marks Service of the frittata meets some of the service criteria.	1-3 marks Service of the frittata meets a few of the service criteria.	0 marks Service of the frittata meets none of the criteria. Service of the frittata was outwith the service window. (+ 5 mins)

Marking instructions – Lentil and red pepper lasagne: allocation of marks (23 marks)

Activity	Skills, techniques and criteria	Marks	Marks	Marks	Marks	Marks
Food preparation techniques (max 9 marks)	<ul style="list-style-type: none"> ◆ chop ◆ cut batons ◆ slice ◆ dice ◆ grate ◆ mix 	8 marks All food preparation techniques were carried out correctly.	6-7 marks Almost all food preparation techniques were carried out correctly.	4-5 marks Some food preparation techniques were carried out correctly.	1-3 marks Few food preparation techniques were carried out correctly.	0 marks No food preparation techniques have been carried out correctly.
	<ul style="list-style-type: none"> ◆ tasting and seasoning – lasagne sauce and cheese sauce 	1 mark Tasting and seasoning has been carried out.	0 marks No tasting or seasoning has been carried out.			
Cookery processes (max 5 marks)	<ul style="list-style-type: none"> ◆ shallow fry ◆ stewing ◆ boil ◆ bake 	5 marks All cookery processes were carried out correctly on each occasion as per recipe.	3-4 marks Almost all cookery processes were carried out correctly on each occasion as per recipe.	1-2 mark Some cookery processes were carried out correctly on each occasion as per recipe.	0 marks No cookery processes have been carried out correctly as per recipe.	
Service (max 9 marks)	<ul style="list-style-type: none"> ◆ lasagne served in a clean dish ◆ lasagne served hot ◆ lasagne is well flavoured ◆ texture of lasagne is correct ◆ lasagne is cooked ◆ lasagne is garnished appropriately ◆ lasagne is served according to service details 	9 marks Service of the lasagne meets all of the service criteria.	7-8 marks Service of the lasagne meets almost all of the service criteria.	4-6 marks Service of the lasagne meets some of the service criteria.	1-3 marks Service of the lasagne meets a few of the service criteria.	0 marks Service of the lasagne meets none of the service criteria. Service of the lasagne was outwith the service window. (+ 5 mins)

Marking instructions – Chocolate and orange layer cake: allocation of marks (21 marks)

Activity	Skills, techniques and criteria	Marks	Marks	Marks	Marks	Marks
Food preparation techniques (max 10 marks)	<ul style="list-style-type: none"> ◆ line ◆ whisk ◆ fold ◆ skin ◆ segment ◆ chop ◆ pipe ◆ portion 	10 marks All food preparation techniques were carried out correctly.	7-9 marks Almost all food preparation techniques were carried out correctly.	4-6 marks Some food preparation techniques were carried out correctly.	1-3 marks Few food preparation techniques were carried out correctly.	0 marks No food preparation techniques have been carried out correctly.
Cookery processes (max 1 mark)	<ul style="list-style-type: none"> ◆ bake 	1 mark Cookery process was carried out correctly as per recipe.	0 marks Cookery process was not carried out correctly as per recipe.			
Service (max 10 marks)	<ul style="list-style-type: none"> ◆ cake is served on a clean, room temperature plate ◆ cake is served chilled ◆ cake shows 4 portions with piped cream ◆ cake has been drizzled with chocolate ganache ◆ cake has been filled correctly ◆ cake has been decorated with 4 orange segments appropriately ◆ cake is well flavoured ◆ cake is the correct texture ◆ cake is served according to service details 	10 marks Service of the cake meets all of the service criteria.	7-9 marks Service of the cake meets almost all of the service criteria.	4-6 marks Service of the cake meets some of the service criteria.	1-3 marks Service of the cake meets a few of the service criteria.	0 marks Service of the cake meets none of the service criteria. Service of the cake was outwith the service window. (+ 5 mins)

Professional Practice: allocation of marks (16 marks)

Activity	Marks and criteria	Marks and criteria	Marks and criteria	Marks and criteria
Weighing and measuring (max 4 marks)	4 marks All weights/volumes have been measured accurately.	3 marks Most weights/volumes have been measured accurately.	2 marks Some weights/volumes have been measured accurately.	0 marks Weights/volumes have not been measured accurately.
Hygiene (max 4 marks)	4 marks All tasks were carried out to an acceptable standard of hygiene.	3 marks Most tasks were carried out to an acceptable standard of hygiene.	1-2 marks Some tasks were carried out to an acceptable standard of hygiene.	0 marks Frequent lapses in hygiene. A significant hygiene lapse, which would result in the end product being unsafe to eat, would result in 0 marks being awarded.
Organisation (max 4 marks)	4 marks Working in an organised manner was demonstrated throughout the whole practical activity.	3 marks Working in an organised manner was demonstrated on most occasions throughout the whole practical activity.	1-2 marks Some organisational skills were demonstrated throughout the practical activity.	0 marks Poor organisational skills.
Safety (max 4 marks)	4 marks All tasks were carried out with due regard to safe working practices.	3 marks Most tasks were carried out with due regard to safe working practices.	1-2 marks Some tasks were carried out with due regard to safe working practices.	0 marks Frequent lapses in safety. If assessor intervention is required to ensure the safety of a candidate, then 0 marks would be awarded.

Recording table

Assessors should use the following table to record the marks awarded to candidates during the practical activity.

Recording table (A3 size)

[Candidate initials]																
Skills to be marked	Mark	Total	Mark	Total	Mark	Total	Mark	Total	Mark	Total	Mark	Total	Mark	Total	Mark	Total
Starter (22 marks)																
Food preparation techniques (10 marks)																
Line – round baking tin																
Dice – potatoes, courgette, onion, chilli pepper																
Chop – coriander																
Mix – mango dressing ingredients																
Portion – 4 equal portions																
Cookery processes (4 marks)																
Boil – potatoes																
Shallow fry – steps 9-11																
Bake – until set, correct time																
Service (8 marks)																
Frittata and mango dressing served on 4 warm, clean plates																
Frittata served as 4 identical portions																
Frittata served warm																
Frittata is well flavoured																
Texture of frittata is correct – set correctly																
Frittatas are garnished appropriately																
Frittata served according to service details																
Total marks																
Main course (23 marks)																
Food preparation techniques (8 marks)																
Chop – red onion																
Cut batons – red pepper																
Slice – celery																
Dice – carrot																
Grate – cheese																
Mix – step 6, step 11																
Tasting and seasoning (1 mark)																
Taste and season – lasagne sauce and cheese sauce																
Cookery processes (5 marks)																
Shallow fry – step 4																
Stewing – steps 5 and 6																
Boil – steps 6 and 10																
Bake – step 13																

[Candidate initials]																
Skills to be marked	Mark	Total	Mark	Total	Mark	Total	Mark	Total	Mark	Total	Mark	Total	Mark	Total	Mark	Total
Service (9 marks)																
Lasagne served in a clean dish																
Lasagne served hot																
Lasagne is well flavoured																
Texture of lasagne is correct																
Lasagne is cooked																
Lasagne is garnished appropriately																
Lasagne is served according to service details																
Total																
Dessert (21 marks)																
Food preparation techniques (10 marks)																
Line – loaf tin																
Whisk – egg and sugar, cream																
Fold – flour and zest, cream																
Skin – orange																
Segment – orange																
Chop – orange																
Pipe – cream																
Portion – to show 4 portions with piped cream																
Cookery processes (1 mark)																
Bake – sponge																
Service (10 marks)																
Cake is served on a clean, room temperature plate																
Cake is served chilled																
Cake shows 4 portions with piped cream																
Cake has been drizzled with chocolate ganache																
Cake has been filled correctly																
Cake has been decorated with 4 orange segments appropriately																
Cake is well flavoured																
Cake is the correct texture																
Cake is served according to service details																
Total																

Professional Practice (16 marks)																
Weighing and measuring (4 marks)																
Potato, peeled, 75 g																
Courgette, 30 g																
Onion, peeled, 75 g																
Garlic, peeled, 2.5 ml, 7.5 ml																
Chilli pepper, 5 ml																
Red onion, peeled, 50 g																
Red pepper, 50 g																
Celery, 50 g																
Carrot, 50 g																
Cream, 25 ml																
Hygiene (4 marks)																
All tasks carried out to an acceptable standard of hygiene.																
Most tasks carried out to an acceptable standard of hygiene.																
Some tasks carried out to an acceptable standard of hygiene.																
Frequent lapses in hygiene.																
Organisation (4 marks)																
Worked in an organised manner throughout whole practical activity.																
Worked in an organised manner on most occasions throughout whole practical activity.																
Some organisation demonstrated throughout practical activity.																
Poor organisational skills.																
Safety (4 marks)																
All tasks carried out with due regard to safe working practices.																
Most tasks carried out with due regard to safe working practices.																
Some tasks carried out with due regard to safe working practices.																
Frequent lapses in safety.																
Total																
Overall total																

National 5 Practical Cookery practical activity assessment record (A3 size)

In the case of assessment by observation or oral questioning, evidence should include assessor comments and other relevant supporting evidence that shows clearly the basis on which assessment judgments have been made.

Centre: _____ Class/group: _____ Assessor: _____

Date: _____

Candidate initials	Preparing, cooking and serving									Professional practice				Total
	Starter 22 marks			Main course 23 marks			Dessert 21 marks			16 marks				
	Food prep techniques	Cookery processes	Service	Food prep techniques	Cookery processes	Service	Food prep techniques	Cookery processes	Service	Weighing and measuring	Hygiene	Safety	Organisation	
	10	4	8	9	5	9	10	1	10	4	4	4	4	82

Administrative information

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History of changes

Version	Description of change	Date

Security and confidentiality

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