



National  
Qualifications  
2025

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## 2025 Practical Cookery

### National 5

## Question Paper Finalised Marking Instructions

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## General marking principles for National 5 Practical Cookery

*Always apply these general principles. Use them in conjunction with the detailed marking instructions, which identify the key features required in candidates' responses.*

- (a) Always use positive marking. This means candidates accumulate marks for the demonstration of relevant skills, knowledge and understanding; marks are not deducted for errors or omissions.
- (b) If a candidate response does not seem to be covered by either the principles or detailed marking instructions, and you are uncertain how to assess it, you must seek guidance from your team leader.
- (c) For marks to be awarded, responses must relate to the question asked. Where candidates give points of knowledge without specifying the context these should be awarded marks unless it is clear that they do not relate to the context of the question.
- (d) There are five types of question used in this question paper. Each assesses a particular skill eg
  - A State/give/name/identify
  - B Describe
  - C Explain
  - D Calculate
  - E Evaluate

For each question type, the following generic marking instructions provide an overview of the marking principles and an example of their application for each type.

- A **Questions that ask candidates to state/give/name/identify**  
Candidates should list a number of relevant items or facts. These should relate to the context of the question and do not need to be in any particular order, up to the total mark allocation.  
Up to the total mark allocation for this question
  - award **1 mark** for each relevant point of knowledge.  
**For example**  
**Question:** Identify a suitable cooking method for pears.  
**Answer:** poaching. (1 mark for each relevant point of knowledge)

**B Questions that ask candidates to describe**

Candidates should define or give an account of points relating to the question. They do not need to be in any particular order. Candidates may provide a number of straightforward points or a smaller number of developed points, or a combination of these.

Up to the total mark allocation for this question:

- award **1 mark** for each accurate relevant point of knowledge linked to the context of the question.

**For example**

**Question:** Describe where fresh cream should be stored to ensure food safety.

**Answer:** Store in a clean, covered container in the refrigerator. **(1 mark for correct description of method of storage)**

**C Questions that ask candidates to explain**

Candidates should make the relationship between points clear, for example by giving accurate relevant points, showing connections between these and the context of the question. Candidates may provide a number of straightforward explanations or a smaller number of developed explanations, or a combination of these.

Up to the total mark allocation for this question:

- award **1 mark** for each accurate relevant point.

**For example**

**Question:** Explain **two** ways in which a chef could amend a recipe for macaroni cheese to make it healthier.

**Answer:** They could change the cheddar cheese to a low fat cheddar cheese which would reduce overall fat content of the dish. **(1 mark for accurate relevant point linked to the context of the question)**

**D Questions that ask candidates to calculate**

Candidates must use the information provided in the question to calculate the cost of the identified ingredients.

Up to the total mark allocation for this question:

- award **1 mark** for each accurate calculation.

**For example**

**Question:** Calculate the total cost to make four portions of the dish.

**Answer:** Correct calculations of each ingredient cost and total cost for four portions. **(1 mark)**

**E Questions that ask candidates to evaluate**

Candidates should make a number of evaluative comments which make a judgement based on the information provided, related to the context of the question. Candidates may provide a number of straightforward observations or a smaller number of developed observations, or a combination of these.

Up to the mark allocation for this question:

- award **1 mark** for each relevant evaluative comment linked to the context of the question
- award **a second mark** for any evaluative comment that is developed.

**For example**

**Question:** Evaluate the suitability of macaroni cheese for a Scottish-themed restaurant.

**Answer:** Macaroni cheese would be suitable to include on the menu of the restaurant as the use of locally made cheese will support the local community. **(1 mark for evaluative comment)** The cheese will also add colour to the dish, making it appealing to consumers. **(A further mark for the development of the comment)**

Marking instructions for each question

Question		Expected response	Max mark	Additional guidance
1.	(a)	<p>Possible candidate responses could include:</p> <p><b>Reduce quantity:</b></p> <ul style="list-style-type: none"> <li>• <b>Change</b> – reduce the amount of icing sugar in the recipe</li> <li>• <b>Explanation</b> – to reduce the sugar/calorie content</li> </ul> <ul style="list-style-type: none"> <li>• <b>Change</b> – reduce the amount of double cream in the recipe</li> <li>• <b>Explanation</b> – to reduce the fat/saturated fat/calorie content</li> </ul> <ul style="list-style-type: none"> <li>• <b>Change</b> – reduce the amount of white chocolate</li> <li>• <b>Explanation</b> - to reduce fat/saturated fat/sugar/calorie content</li> </ul> <ul style="list-style-type: none"> <li>• <b>Change</b> – reduce the amount of biscuits</li> <li>• <b>Explanation</b> - to reduce fat/saturated fat/sugar/calorie content</li> </ul> <p><b>Replace ingredient:</b></p> <ul style="list-style-type: none"> <li>• <b>Change</b> – replace the cream cheese with low fat cream cheese</li> <li>• <b>Explanation</b> – to reduce the fat/calorie content</li> </ul> <ul style="list-style-type: none"> <li>• <b>Change</b> – replace the shortbread biscuits with oat biscuits/ digestive biscuits</li> <li>• <b>Explanation</b> – to increase the amount of fibre/complex carbohydrate</li> </ul> <ul style="list-style-type: none"> <li>• <b>Change</b> – replace the butter with margarine</li> <li>• <b>Explanation</b> – to reduce the fat/saturated fat/calorie content</li> </ul> <ul style="list-style-type: none"> <li>• <b>Change</b> – replace double cream with a low fat cream alternative/single cream</li> <li>• <b>Explanation</b> – to reduce fat/saturated fat/calories</li> </ul> <ul style="list-style-type: none"> <li>• <b>Change</b> – replace white chocolate with dark chocolate</li> <li>• <b>Explanation</b> – to reduce fat/saturated fat/sugar/calories</li> </ul> <ul style="list-style-type: none"> <li>• <b>Change</b> – replace butter with unsalted butter</li> <li>• <b>Explanation</b> – to reduce salt</li> </ul>	6	<p>Candidates should identify <b>one</b> relevant change for each of the <b>three</b> following areas:</p> <ul style="list-style-type: none"> <li>• reduce quantity</li> <li>• replace ingredient</li> <li>• add an ingredient</li> </ul> <p>Candidates should describe <b>one</b> relevant change which reduces the quantity of an ingredient.</p> <p>Candidates should describe <b>one</b> relevant change which replaces an ingredient.</p> <p>Candidates should describe <b>one</b> relevant change which adds a new ingredient.</p> <ul style="list-style-type: none"> <li>• award <b>1 mark</b> for each accurate relevant change</li> <li>• award <b>1 mark</b> for each accurate explanation, linked to different pieces of current dietary advice</li> </ul> <p style="text-align: right;">(Up to a maximum of 6 marks)</p>

Question	Expected response	Max mark	Additional guidance
	<p><b>Add an ingredient:</b></p> <ul style="list-style-type: none"> <li>• <b>Change</b> – add strawberries/raspberries/orange segments to the cheesecake recipe</li> <li>• <b>Explanation</b> – to increase the fruit and vegetable content/five a day</li>   <li>• <b>Change</b> – add oats to the biscuit base of the cheesecake</li> <li>• <b>Explanation</b> – to increase the fibre/complex carbohydrates</li> </ul> <p><b>Or any other valid response.</b></p>		

Question		Expected response	Max mark	Additional guidance
	(b)	<p>Possible candidate responses could include:</p> <p><b>Butter:</b></p> <ul style="list-style-type: none"> <li>• melted butter is used to bind the crushed biscuits together/add moisture and form a base/keep its shape</li> <li>• once chilled the melted butter sets the cheesecake base, which prevents it crumbling</li> <li>• butter helps to give a buttery/rich taste to the recipe which will improve the flavour</li> </ul> <p><b>Lemon zest:</b></p> <ul style="list-style-type: none"> <li>• lemon zest will add flavour which will improve the taste of the cheesecake topping</li> <li>• lemon zest has a bright yellow colour which will improve the appearance of the cheesecake topping</li> </ul> <p><b>Or any other valid response.</b></p>	2	<p>Candidates should explain <b>one</b> reason why butter is used in the recipe.</p> <p>Candidates should explain <b>one</b> reason why lemon zest is used in the recipe.</p> <p>Award <b>1 mark</b> for each accurate relevant explanation.</p> <p>(Up to a maximum of 2 marks)</p>
	(c)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>• using Scottish produce will reduce the ‘food miles’ of the ingredients</li> <li>• using Scottish produce will decrease the carbon footprint</li> <li>• using Scottish produce will help sustain the Scottish/local economy/local businesses</li> <li>• using Scottish produce will help to create jobs in Scotland</li> </ul> <p><b>Or any other valid response.</b></p>	2	<p>Candidates should describe <b>two</b> different ways which using Scottish produce helps the café meet its Sustainability target.</p> <p>Award <b>1 mark</b> for each accurate relevant description.</p> <p>(Up to a maximum of 2 marks)</p>

Question			Expected response	Max mark	Additional guidance
2.	(a)	(i)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>• dry method of cooking where heat radiates onto the food to cook it</li> <li>• grilling involves cooking food <b>under</b> direct/dry/low or medium or high heat</li> <li>• grilling involves cooking food <b>over</b> direct/dry/low or medium or high heat</li> </ul> <p><b>Or any other valid response.</b></p>	1	<p>Candidates should describe the cookery process of grilling.</p> <p><b>(Maximum of 1 mark)</b></p>
		(ii)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>• the fat drips off during the cooking process meaning that you consume less fat/makes it healthier</li> <li>• does not require the use of oil/fat which reduces the risk of CHD/makes it healthier/helps meet current dietary advice</li> <li>• it takes less time so it is more convenient/efficient/reduces energy</li> </ul> <p><b>Or any other valid response.</b></p>	1	<p>Candidates should explain one advantage of grilling.</p> <p><b>(Maximum of 1 mark)</b></p>
	(b)	(i)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>• food is covered/soaked/submerged/mixed in flavoured ingredients/marinade for a length of time</li> <li>• food is covered/soaked/submerged/mixed in a flavoured liquid/marinade (eg flavoured oil, juice, yoghurt) for a length of time</li> </ul> <p><b>Or any other valid response.</b></p>	1	<p>Candidates should describe the process of marinating as a food preparation technique.</p> <p><b>(Maximum of 1 mark)</b></p>
		(ii)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>• to help add/absorb flavour into the food to make it taste better</li> <li>• to help tenderise food to improve the texture/prevent it from being tough</li> <li>• to help add moisture to the food to make it juicy/less dry</li> <li>• to help reduce the cooking time making it more efficient/use less energy</li> </ul>	1	<p>Candidates should explain why food is marinated.</p> <p><b>(Maximum of 1 mark)</b></p>

Question	Expected response	Max mark	Additional guidance
(c)	<p>Possible candidate responses could include:</p> <p><b>Open packet of icing sugar:</b> Description</p> <ul style="list-style-type: none"> <li>store in an airtight container/sealed in original packaging in a cool dry place or cupboard or dry store</li> </ul> <p>Explanation</p> <ul style="list-style-type: none"> <li>to avoid absorbing strong smells/odours from other foods which would spoil the icing sugar</li> <li>helps avoid moisture getting in and causing food spoilage or mould growth</li> </ul> <p><b>Open tin of tomatoes:</b> Description</p> <ul style="list-style-type: none"> <li>remove from tin and place in/move/transfer to a sealed container and store in the fridge</li> </ul> <p>Explanation</p> <ul style="list-style-type: none"> <li>to slow down bacterial growth to reduce food waste/spoilage/ extend shelf life</li> <li>to reduce spillage which reduces food waste</li> <li>to avoid odours/strong smells from other ingredients affecting the taste and spoiling the tomatoes</li> </ul> <p><b>Cooked ham:</b> Description</p> <ul style="list-style-type: none"> <li>store in the fridge in an airtight container/sealed in original packaging/sealed in clingfilm</li> </ul> <p>Explanation</p> <ul style="list-style-type: none"> <li>slows down bacterial growth which avoids food spoilage</li> <li>to avoid cross-contamination from raw meat juices which could cause food poisoning</li> <li>to prevent the meat from drying out and becoming spoiled/reduce food waste</li> <li>to prevent odours/strong smells from smoked meats affecting the flavour of other foods and spoiling them/reducing food waste</li> <li>to prevent odours/strong smells from other ingredients affecting/changing the taste of the cold meat and spoiling it/reducing food waste</li> </ul> <p><b>Or any other valid response.</b></p>	6	<p>Candidates should describe how each ingredient should be stored and explain why for each method.</p> <p>Award <b>1 mark</b> for each relevant description and <b>1 mark</b> for each relevant explanation.</p> <p>(Up to a maximum of <b>6 marks</b>)</p>

Question		Expected response	Max mark	Additional guidance															
3.	(a)	<table border="1"> <thead> <tr> <th>Quantity required</th> <th>Ingredient</th> <th>Cost</th> </tr> </thead> <tbody> <tr> <td>500g</td> <td>Potatoes</td> <td>£0.50</td> </tr> <tr> <td>80g</td> <td>Carrot</td> <td>£0.04</td> </tr> <tr> <td>30ml</td> <td>Milk</td> <td>£0.03</td> </tr> <tr> <td>20g</td> <td>Butter</td> <td>£0.12</td> </tr> </tbody> </table>	Quantity required	Ingredient	Cost	500g	Potatoes	£0.50	80g	Carrot	£0.04	30ml	Milk	£0.03	20g	Butter	£0.12	4	<p>Candidates must use the information provided in the question to calculate the cost of the identified ingredients in the cottage pie dish.</p> <ul style="list-style-type: none"> <li>award 1 mark for each accurate calculation</li> </ul> <p>(Up to a maximum of 4 marks)</p>
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	(b)	£2.55	1	<p>Candidates must use the information provided in the question to calculate the total cost to make four portions of the cottage pie.</p> <p>(Maximum of 1 mark)</p>															
	(c)	£0.64	1	<p>Candidates must use the information provided in the question to make one portion of the cottage pie dish (rounded to the nearest pence).</p> <ul style="list-style-type: none"> <li>award 1 mark for an accurate calculation</li> </ul> <p>(Maximum of 1 mark)</p>															

Question	Expected response	Max mark	Additional guidance
(d)	<p>Possible candidate responses could include:</p> <p><b>Beef stock:</b></p> <ul style="list-style-type: none"> <li>• beef stock adds liquid to the dish which is good as it improves the texture/helps to soften the beef/vegetables in the cottage pie/makes it more appealing</li> <li>• beef stock has a strong meaty/salty/savoury flavour which is good as it will make the cottage pie taste better/make it more appealing</li> <li>• beef stock is brown in colour, which is good as it improves the appearance of the cottage pie/makes it more appealing</li> </ul> <p><b>Mashed potato:</b></p> <ul style="list-style-type: none"> <li>• mashed potato is smooth/creamy which is good as it improves the texture of the cottage pie/makes it more appealing</li> <li>• mashed potato is bland which is good as it will not overpower the flavour of the beef/make it more appealing</li> <li>• mashed potato is bland which is bad as it will not improve the flavour the cottage pie/make it less appealing</li> <li>• if grilled the mashed potato would add a golden-brown colour to the dish, which is good, as it will improve the appearance of the cottage pie/make it more appealing</li> </ul> <p><b>Diced carrot:</b></p> <ul style="list-style-type: none"> <li>• carrot is bright orange in colour this is good as it will improve the appearance of the cottage pie/make it more appealing</li> <li>• carrot is soft/tender once cooked this is good as it improves the texture of the cottage pie/makes it more appealing</li> <li>• carrot has a crunchy texture if not cooked which is bad as it makes the cottage pie less appealing</li> <li>• carrot has a sweet flavour, which is good as makes the cottage pie taste better/more appealing</li> </ul> <p><b>Or any other valid response.</b></p>	3	<p>Candidates should make an evaluative comment on each of the ingredients which makes a judgement on the effect on colour, flavour or texture of the cottage pie.</p> <p>Candidates may be awarded <b>1 mark</b> for each response that:</p> <ul style="list-style-type: none"> <li>• shows a clear understanding of a fact linked to the ingredient</li> <li>• includes an appropriate judgement about the suitability of the fact for the cottage pie</li> <li>• comments on the impact of this fact on the finished dish</li> <li>• award <b>1 mark</b> for each relevant evaluative comment linked to the colour, flavour or texture of the cottage pie</li> </ul> <p style="text-align: right;">(up to a maximum of 3 marks)</p>

Question		Expected response	Max mark	Additional guidance
	(e)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>• empty the sink before draining out the boiling water</li> <li>• place the colander/sieve on top of the pot once drained</li> <li>• pour the boiling water away from you</li> <li>• pour the hot water out slowly</li> <li>• use oven gloves to lift the pot</li> <li>• keep hands away from boiling water/steam when pouring</li> </ul> <p><b>Or any other valid response.</b></p>	1	<p>Candidates should explain one safety point which should be carried out when draining boiled potatoes.</p> <p style="text-align: right;"><b>(Maximum of 1 mark)</b></p>

[END OF MARKING INSTRUCTIONS]