



National
Qualifications
2026

2026 Practical Cookery

National 5

Question Paper Finalised Marking Instructions

These marking instructions have been prepared by examination teams for use by Qualifications Scotland appointed markers when marking external course assessments.

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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)		Possible candidate responses could include: Reduce the quantity of an ingredient: • change: reduce the cheddar cheese • explanation: this would reduce the saturated/total fat/calorie content of the burgers, helping to reach current dietary advice of reducing total/saturated fat/calorie content in the diet • change: reduce minced beef • explanation: this would reduce the saturated/total fat/calorie content of the burgers, helping to reach current dietary advice of reducing saturated/total fat/calorie content in the diet Remove an ingredient: • change: remove tomato ketchup • explanation: this would reduce the sugar/salt/calorie content of the burger, helping to meet dietary advice of reducing sugar/salt/calorie in the diet • change: remove the salt in the burger • explanation: this would reduce the salt content of the burger, helping to meet dietary advice of reducing salt in the diet • change: remove mayonnaise • explanation: this would reduce total fat/saturated fat/calorie content of the burger, helping to meet dietary advice of reducing total fat/saturated fat/calorie content in the diet Replace or add an ingredient: • change: add a vegetable – eg fresh tomatoes, peppers, cucumber. • explanation: this would increase the vegetable content of the burger, helping to meet dietary advice of increasing fruit and vegetables in the diet	6	Additional guidance Candidates should describe three relevant changes relating to the question. Candidates should explain a different way in which each change will meet current dietary advice. • award 1 mark for each accurate relevant change relating to the question • award 1 mark for each accurate explanation linked to different pieces of dietary advice (Up to a maximum of 6 marks)

Question			Expected response	Max mark	Additional guidance
			• change: replace minced beef (15% fat) to minced beef (5% fat)/lean mince/lower fat mince/meat alternative • explanation: this would reduce the saturated/total fat content/calories of the burgers, helping to reach current dietary advice of reducing saturated fat/calorie content in the diet • change: replace the white burger bun/breadcrumbs for a wholemeal burger bun/brown breadcrumbs • explanation: this will increase the fibre content of the burger, helping to meet current dietary advice of increasing fibre in the diet • change: replace cheddar cheese for reduced/lower/low fat cheese • explanation: this would reduce the saturated/total fat content/calorie content of the burgers, helping to reach current dietary advice of reducing total fat/saturated fat/calorie content in the diet Or any other valid response.		

Question			Expected response	Max mark	Additional guidance
	(b)		Possible candidate response could include: Frying Advantage: - this is a quick method of cooking, therefore, less time consuming/time saving/energy saving - fried food retains fat, this keeps the flavour in the burger/keeps it moist/juicy - the surface of the food browns/caramelises improving the flavour/appearance of the burger Grilling Advantage: - this is a quick method of cooking, therefore, less time consuming/time saving/energy saving - no extra fat is added, therefore the food is lower in fat/calories - some fat is removed/drained off/drips from the food, therefore food is lower in fat/calories/meets current dietary advice - the surface of the food browns/caramelises increasing the flavour/appearance of the burger Baking Advantage: - no extra fat is added, therefore the food is lower in fat/calories - convenient as can continue with other tasks while food is cooking, therefore saving time Or any other valid response.	2	Candidates should suggest a suitable method of cooking for a beef burger. Candidates should explain an advantage of using this method. (Up to a maximum of 2 marks)

Question			Expected response	Max mark	Additional guidance
	(c)		Possible candidate response could include: Egg: • egg is used to bind the burger ingredients together; this prevents it falling apart when cooking • egg sets when cooked therefore the burger holds its shape Breadcrumbs: • breadcrumbs are used to absorb the fat in the burger therefore keeping the burger juicy/moist • the breadcrumbs bulk out the burger therefore making it more economical/use less meat • breadcrumbs are used to bind the burger ingredients together; this prevents it falling apart when cooking Or any other valid response.	2	Candidates should explain one reason why eggs are used in the burger recipe. Candidates should explain one reason why breadcrumbs are used in the burger recipe. • award 1 mark for each accurate and relevant explanation (Up to a maximum of 2 marks)

Question			Expected response	Max mark	Additional guidance
2.	(a)		Possible candidate response could include: - wash hands/equipment/work surfaces after handling raw eggs to prevent contamination of other foods - dispose of eggshell immediately to prevent raw egg dripping onto work surface therefore contaminating other foods/equipment/work surfaces Or any other valid response.	1	Additional guidance Candidates should explain one step which should be taken to avoid cross contamination when handling raw eggs. 1 mark awarded for accurate and relevant explanation (Up to a maximum of 1 mark)
	(b)		Possible candidate response could include: Fresh cream Description – should be kept sealed in its original container/sealed in an appropriate container and stored in the fridge Explanation (fridge) – to slow bacterial growth and prevent spoilage of the cream/reducing food waste/extend shelf life Explanation (sealed) – to prevent absorbing odours/strong smells from spoiling cream therefore reducing food waste Raisins Description – in an airtight container/resealed original packaging in a cupboard/cool dry place Explanation – to prevent moisture contamination therefore reducing food waste/spoilage Explanation – to prevent moisture contamination therefore preventing bacterial growth/mould Explanation – to prevent physical contamination therefore reducing food waste Explanation – to maintain quality of raisins therefore reducing food waste Or any other valid response.	4	Additional guidance Candidates should describe how each of the following ingredients should be stored and explain why this method of storage is suitable for the ingredient. Fresh cream Raisins - award 1 mark for each accurate description - award 1 mark for each accurate and relevant explanation (Up to a maximum of 4 marks)

Question			Expected response	Max mark	Additional guidance
	(c)		Possible candidate response could include: - cheddar cheese: has a strong/salty/savoury/sharp/tangy flavour, this would be good as this would improve the taste of the plain/bland scone - cheddar cheese is a red/orange/yellow colour, this is good as it would add a contrasting colour to the pale scone - cinnamon: has a warm/spicy/woody/earthy flavour, this is good, as it would enhance the taste of the plain/bland scone - cinnamon is brown in colour, this is not good as it will make the scone unattractive/darker in appearance - cinnamon is brown in colour, this is a good thing as it will enhance the appearance of the scone - dried cherries are tart/sour/sweet/tangy/fruity, this is good as this would improve/enhance/add contrast to the taste of the scone - dried cherries have a dark/deep/red colour, this is good as it will improve/enhance/add contrast to the appearance of the scone Or any other valid response.	3	Candidates should make an evaluative comment on the ingredients which makes a judgement on the effect on taste or appearance of the scone. Candidates may be awarded marks for each response that: - shows a clear understanding of a fact related to the ingredient - includes an appropriate judgement based on the suitability of the fact for the scone - comments on the impact on the taste or appearance on the scone - award 1 mark for each evaluative comment linked to the taste or appearance of the scone (Up to a maximum of 3 marks)
	(d)		Possible candidate response could include: - pan handles should not be positioned over the hob/heat/edge - do not over fill pots/pans - move slowly/alert others when moving hot pots/pans - use oven gloves/heat protection to touch pot handles/lids - lift lid of pot/pan away from you - do not leave a spoon/utensil in the hot pot/pan - do not leave a pot/pan with oil on the heat unattended Or any other valid response.	2	Candidates should state two safety rules when using hot pots/pans. award 1 mark for each correct safety rule (Up to a maximum of 2 marks)

Question			Expected response	Max mark	Additional guidance		
3.	(a)					4	Candidates must use the information provided in the question to calculate the cost of the identified ingredients for the scones. • 1 mark awarded for each correct calculation (Up to a maximum of 4 marks)
			Quantity Required	Ingredient	Cost		
			200g	Self-raising flour	£0.18		
			1	Eggs	£0.25		
			60g	Butter	£0.42		
			75ml	Milk	£0.12		
	(b)		£1.34			1	Candidates must use the information provided in the question to calculate the cost of the identified ingredients to make 6 scones. • 1 mark awarded for correct calculation (Up to a maximum of 1 mark)
	(c)		£0.22			1	Candidates must use the information provided in the question to calculate the cost of 1 scone (rounded to the nearest pence). • 1 mark awarded for correct calculation (Up to a maximum of 1 mark)

Question			Expected response	Max mark	Additional guidance
	(d)		Possible candidate response could include: Locally sourced foods: • food does not have to travel far therefore locally sourced food has lower carbon footprint/less food miles/less CO2 emissions/better for the environment • less food miles therefore food will be fresher • locally sourced food supports local businesses, therefore grows/supports the local economy • locally sourced foods may use less packaging during transportation, therefore better for the environment/produce less waste Organic fruit and vegetables: • organic fruit and vegetables use natural fertilisers and pesticides, therefore less harmful to the environment • organic fruit and vegetables are grown without artificial/chemical fertilisers and pesticides, which is less harmful to health • organic fruit and vegetables are grown with no chemicals therefore better for the environment Fair trade foods: • buying Fair Trade food is more ethical as it ensures farmers get a fair price • buying Fair Trade food ensures the workers/farmers are paid a fair wage which reduces child labour /allows them to grow more/improves working conditions	4	Candidates should explain one advantage for each sustainable food. • 1 mark awarded for each accurate and relevant explanation (Up to a maximum of 4 marks)

Question			Expected response	Max mark	Additional guidance
			Seasonal Produce: • seasonally produced foods do not have to be grown in heated greenhouses therefore less energy is used/better for the environment • seasonal foods may be locally produced which supports local businesses/boosting the local economy • seasonal produce may be fresher and therefore taste better • seasonal foods can also have higher nutritional value since they may be fresher because there is less transportation required • seasonal foods may be better quality as they are grown at the correct time of year Or any other valid response.		

[END OF MARKING INSTRUCTIONS]