

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

FOOD AND NUTRITION

0648/02

Paper 2 Practical Test

01 March – 30 April 2006

Planning Session: **1 hour 30 minutes**
Practical Test: **2 hours 30 minutes**

Additional Materials: Carbonised sheets

READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.
Please see page 2.

Planning Session: 1 hour 30 minutes

When you know which of the tests is assigned to you, read it through carefully; then prepare a plan of work and a list of ingredients as follows, using the carbonised sheets.

- (i) Write down the dishes that you decide to make. (Try to choose familiar but interesting dishes which give you scope to show your skill.) Do not copy out the test.
- (ii) Beside each of the dishes chosen, give the quantities of the main ingredients required. (A full recipe is not necessary.)
- (iii) Make a list of the total quantities of the ingredients required.
- (iv) Complete the plan of work briefly to show the order of working, the methods to be used, and the length of time required for cooking each dish. Frozen, tinned and packaged foods (i.e. 'convenience' foods) may be used with discretion, but enough work must be planned to show skill and to occupy the whole of the test period.

The amounts cooked should be sufficient for two or three people, but this may be governed by the requirements of each particular test. Recipe books may be used during the planning, but frequent reference to them is to be avoided during the practical test.

Write your **name**, **candidate number** and the **number of the test** on your plan and list. Give them and any notes you may have made, with this question paper, to the Supervisor. You may not take away a copy of the test or of your plan or any notes (other than your recipe book) and you may not bring fresh notes to the practical test.

The question paper and one copy of the plan and list will be returned to you by the Examiner at the beginning of the practical test. You will be expected to keep to your plan. At the end of the examination, the question paper is to be handed to the Examiner. You may retain your plan and list.

- 1 (a) Prepare, cook and serve **three** dishes to illustrate the use of herbs and spices.
(b) Include one of the dishes from (a) in a two-course meal for your family. Serve a drink.
- 2 (a) Prepare, cook and serve a main meal suitable for your vegetarian friends. Offer a choice of **two** desserts.
(b) Make a cake by the whisking method and serve a cold drink.
- 3 (a) Prepare a selection of sweet and savoury dishes suitable for a family celebration.
(b) Make and decorate a cake suitable for the occasion.
- 4 (a) Prepare, cook and serve **three** dishes each of which shows the use of one of the following methods of cooking: steaming, baking, deep-fat frying.
(b) Include one of the dishes from (a) in an evening meal for a convalescent. Serve a fruit drink.
- 5 (a) Prepare, cook and serve a two-course evening meal for three visitors. Include a batter mixture.
(b) Make a shortcrust pastry dish and some small cakes.
- 6 (a) Prepare, cook and serve a main meal for your aunt and her two children. Include good sources of calcium and Vitamin D.
(b) Make some biscuits by the melting method and a cake by the creaming method.
- 7 (a) Prepare, cook and serve **three** dishes each of which contains a good source of Vitamin C.
(b) Include one of the dishes from (a) in a packed meal for three boys. Prepare a drink.
- 8 (a) Prepare, cook and serve an evening meal for two of your friends who are on a weight-reducing diet. Offer a choice of **two** desserts.
(b) Make **two** dishes each of which shows the use of a different raising agent.

