



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education



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**FOOD AND NUTRITION**

**0648/02**

Paper 2 Practical Test

**01 September – 31 October 2008**

**Planning Session – 1 hour 30 minutes**

**Practical Test – 2 hours 30 minutes**

Additional Materials: Carbonised Sheets

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**READ THESE INSTRUCTIONS FIRST**

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



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This document consists of **3** printed pages and **1** blank page.



**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 a two-course main meal for three friends who have been at the sports all day. Include a cold drink.  
  
(b) Make **two** dishes which are suitable to take on a walk the next day.
- 2 (a) Prepare, cook and serve a variety of dishes which would be suitable for a child's party.  
  
(b) Make and decorate the birthday cake.
- 3 (a) Prepare, cook and serve an evening meal for two office workers. Include **two** different desserts.  
  
(b) Prepare **two** dishes, each to illustrate the use of a different raising agent.
- 4 (a) Prepare, cook and serve a two-course main meal which contains a good supply of vitamin C. Include a drink.  
  
(b) Make a sweet dish using shortcrust pastry and make some biscuits by the melting method.
- 5 (a) Use **three** different methods of cooking to prepare **three** dishes suitable for main meals.  
  
(b) Include **one** of the dishes from (a) in a meal for three members of your family.
- 6 Include the following ingredients when preparing, cooking and serving **five** dishes:  
wholemeal flour, a citrus fruit, ginger, cheese, a fresh herb.
- 7 (a) Use the following pieces of equipment in the preparation of a two-course meal for three teenagers:  
  
a steamer, a whisk, a grater.  
  
(b) Make some biscuits by the rubbing in method and make a cake by the creaming method.
- 8 (a) Prepare, cook and serve a two-course meal. One of the dishes should include a sauce.  
  
(b) Make a pastry dish which includes fruit and make some small cakes.

