

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education
Advanced Subsidiary Level and Advanced Level

FOOD STUDIES

9336/02

Paper 2 Practical Test

October/November 2005

Planning Session: 2 hours 30 minutes
Preparation Session: 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: Two and a half hours.

Food tables and recipe books may be used in both the planning session and the practical examination.

Use of food tables – it is acceptable to use values for a similar food where the actual food is not represented in the tables available.

Use the carbonised sheets provided for all written work.

- (i) Choose your test.
- (ii) List the dishes chosen, give source of recipes and state the quantity of main basic ingredients. Repetitive skills should be discouraged.
- (iii) Complete any written work and/or calculation required.
- (iv) Make a time plan, stating briefly the preparatory work to be done in the 30 minutes preparation time.
- (v) Prepare a list of ingredients to show the total quantities required.

At the end of the planning session give this question paper and the top white copies of the planning sheets to the Supervisor. The pink sheets may be used for reference during the examination.

If you wish to change your time plan you must consult the Examiner.

Menu cards may be prepared in your own time.

Choose **one** of the following tests.

1 Fats and oils can be used in a variety of ways when preparing meals.

(a) Prepare at least **four** dishes to illustrate this statement.

(b) Prepare a skilful dish which has a low fat content.

In your written answer

(i) state the types of fats and oils available locally and give advice on their storage;

(ii) discuss the advantages of limiting the amount of fats and oils in the diet;

(iii) State:

(a) practical reasons for your choice of dishes;

(b) the nutritional value of the dish chosen in part (b) above.

2 A wide range of cooking methods can be used for the preparation of dishes.

(a) Prepare at least **four** dishes to illustrate this statement.

(b) Prepare a skilful dish which has a low fat content.

In your written answer

(i) state and briefly explain the methods of heat transfer you have included;

(ii) discuss ways of saving fuel when preparing family meals;

(iii) State:

(a) practical reasons for your choice of dishes;

(b) the nutritional value of the dish chosen in part (b) above.

3 A balanced diet must contain High Biological Value (HBV) protein.

(a) Prepare at least **four** dishes to illustrate this statement.

(b) Prepare a skilful dish which has a low fat content.

In your written answer

(i) discuss HBV protein foods available locally;

(ii) explain ways in which vegetarians can ensure a sufficient supply of HBV protein in their diet;

(iii) State:

(a) practical reasons for your choice of dishes;

(b) the nutritional value of the dish chosen in part (b) above.

