



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
General Certificate of Education Advanced Level

**FOOD STUDIES**

**9336/02**

Paper 2 Practical Test

**October/November 2013**

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.



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



**Planning Session:** 2 hours 30 minutes

Food tables and recipe books may be used in both the Planning Session and the Practical Test.

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. Ball-point pens must be used for the preparation of the Plans of Work, Time Plans, written answers and Shopping Lists.

- (i) Choose your test.
- (ii) List the dishes chosen, give the source of recipes and state the quantities of main basic ingredients on the Plan of Work sheets. Repetitive skills should be discouraged.
- (iii) Complete any written work and/or calculation required on the Writing Paper sheets.
- (iv) State briefly the preparatory work to be done in the 30 minutes Preparation Session.

Make a Time Plan for the 2 hours 30 minutes Practical Test.

- (v) Prepare a Shopping 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 Practical Test.

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 Different methods of cooking can be used to create attractive, appetising dishes.

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

One of the dishes should include meat.

Indicate the method(s) of cooking used in each dish.

(b) Prepare a skilful dish which includes **at least one** good source of calcium.

In your written answer:

(i) discuss the possible reasons for toughness in meat and suggest ways of tenderising meat before cooking;

(ii) describe and explain the changes which take place when tough meat is cooked by a moist method;

(iii) give practical reasons for your choice of dishes;

(iv) state the nutritional value of the dish chosen in (b).

2 Sugar has a wide variety of uses in the preparation of dishes.

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

Indicate the uses of sugar being demonstrated in each dish.

(b) Prepare a skilful dish which includes **at least one** good source of calcium.

In your written answer:

(i) indicate **six** different ways to reduce sugar consumption;

(ii) identify and discuss **three** problems which could be associated with a diet high in sugar;

(iii) give practical reasons for your choice of dishes;

(iv) state the nutritional value of the dish chosen in (b).

3 Colour can be created when cooking dishes, or it can be due to the ingredients chosen.

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

State how colour has been created or introduced to each dish.

(b) Prepare a skilful dish that includes **at least one** good source of calcium.

In your written answer:

(i) list **four** natural ingredients which would introduce colour to dishes and give **two** advantages and **two** disadvantages of artificial additives which colour food;

(ii) identify and explain **three** ways in which heat changes the colour of food;

(iii) give practical reasons for your choice of dishes;

(iv) state the nutritional value of the dish chosen in (b).

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