



**PREPARATION SESSION:** Section (a) (1 hour)  
Section (b) (30 minutes)

Choose **one** of the assignments on page 3 and read it through carefully. You must then complete Section (a) below.

Write your **name, index number** and the **question number** on each sheet. *Section (b) must be completed on the blank carbonised sheets after the Practical Session.*

**Section (a) – Written Preparation (1 hour)**

- (i) Complete the *Plan of Work* using the headings on the carbonised sheet. Write down the dishes that you decide to make. Try to choose familiar but interesting dishes which give you an opportunity to show your skill.

Complete the *Dishes Chosen* section, listing the main ingredients required for each dish.

- (ii) Complete the *Time Plan*, briefly showing 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 Practical Session.
- (iii) Complete the *Shopping List*, indicating the total quantities of ingredients required.

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 Preparation Session, but frequent reference to them is to be avoided during the Practical Session.

After completing Section **(a)**, give all the completed carbonised sheets to the Supervisor.

The Supervisor will return the carbonised copies to you at the beginning of the Practical Session. You will be expected to keep to your plan.

**Section (b) – Evaluation (30 minutes)**

You must complete this section on the blank carbonised sheets provided **after** the Practical Session.

**PRACTICAL SESSION** (2 hours)

You must choose **one** of the following assignments.

**1** Many people are vegetarians.

**(a)** Prepare a variety of savoury dishes which do not contain meat, fish or their products.

**(b)** Name and describe three different types of vegetarian diet.  
Discuss reasons for choosing to follow a vegetarian diet.

Evaluate your practical work.

**2** Raising agents are important for giving lightness to mixtures.

**(a)** Prepare a selection of sweet and savoury dishes to show the use of different raising agents.

**(b)** List the methods of incorporating air into mixtures. In each case give an example.  
Explain what happens when these mixtures are baked.  
Name other gases which can be used to raise mixtures.

Evaluate your practical work.

**3** Calcium can be included in family meals in a variety of ways.

**(a)** Prepare, cook and serve a selection of sweet and savoury dishes which include calcium.

**(b)** Discuss the importance of calcium in the diet.  
Name, with reasons, groups of people who could be deficient in calcium.

Evaluate your practical work.

