

**International General Certificate of Secondary Education
CAMBRIDGE INTERNATIONAL EXAMINATIONS**

FOOD SCIENCE

PAPER 4 Practical Test

0635/4

1 OCTOBER – 31 OCTOBER 2002

Preparation: Section (a) 1 hour
Section (b) 30 minutes
Practical: 2 hours

Additional materials:
Carbonised sheets
Ball point pens

TIME Preparation: Section (a) 1 hour
Section (b) 30 minutes

Practical: 2 hours

INSTRUCTIONS TO CANDIDATES

Please see page 2.

This question paper consists of 3 printed pages and 1 blank page.



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

When you have chosen **one** of the assignments on page 3, read it through carefully. You must then prepare Section (a), as shown below. (Be sure to 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

- (i) The *Plan of Work* must be completed 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

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

PRACTICAL SESSION: 2 hours

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

1 Vegetables are important in a well-balanced diet.

- (a) Prepare a selection of dishes to demonstrate how vegetables can be used in a variety of ways in family meals.
- (b) Discuss the importance of vegetables in meal planning. Illustrate your answer with examples.

State **three** different methods of preserving vegetables and identify a vegetable which could be preserved by each different method.

Evaluate your practical work.

2 A healthy diet must contain an adequate amount of Non-Starch Polysaccharide (NSP) – (dietary fibre).

- (a) Prepare, cook and serve a selection of sweet and savoury dishes to show how NSP can be included in family meals.
- (b) Explain the function of NSP in the body. Discuss problems associated with a diet low in NSP and suggest ways of increasing the intake of NSP in the diet.

Evaluate your practical work.

3 There are many ways of thickening and setting mixtures.

- (a) Prepare, cook and serve a variety of dishes, each of them demonstrating a different way of thickening or setting a mixture.
- (b) For each dish, name the ingredient which is responsible for thickening or setting the mixture. In each case, explain how the process occurs. State any special points which should be considered to ensure success.

Evaluate your practical work.

