

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

**FOOD AND NUTRITION**

**0648/02**

Paper 2 Practical Test

01 March–30 April 2005

Planning Session: **1 hour 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: One hour thirty 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 sheets provided.

- (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 the dishes chosen, give the quantities of the main ingredients required for each. (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**, **index 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) Use your skills to prepare, cook and serve **three** dishes to illustrate the following methods of cooking: stewing, steaming, shallow frying.  
(b) Include **one** of the dishes from (a) in an evening meal for an office worker. Serve a cold drink.
- 2 (a) Prepare a packed meal for a manual worker. Include a pastry dish and a drink.  
(b) Make a cake by the creaming method and decorate it for tea.
- 3 (a) Prepare, cook and serve **three** dishes, each one using a different High Biological Value protein food.  
(b) Include **one** of these dishes in an evening meal for a vegetarian. Serve a fruit drink.
- 4 (a) Prepare, cook and serve a main meal for two teenage girls. The meal should include a good source of iron and a drink providing Vitamin C.  
(b) Prepare some small cakes by the rubbing in method and a savoury snack.
- 5 (a) Use your skills to prepare **three** dishes which include fruit.  
(b) Use **one** of the dishes from (a) in a main meal for visitors.  
(c) Make a batch of biscuits to be served later in the day.
- 6 (a) Prepare, cook and serve **three** main course dishes, each one showing the use of a different cereal.  
(b) Include **one** of these dishes in a two-course meal for your family. Offer a choice of cold dessert.
- 7 (a) Prepare, cook and serve a selection of sweet and savoury dishes suitable for a children's party.  
(b) Make a simple two-course lunch and a drink.
- 8 (a) Prepare, cook and serve a main meal for your family. Include fish in the main course.  
(b) Make some biscuits by the melting method and a batch of scones.

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