



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

FOOD AND NUTRITION

0648/02

Paper 2 Practical Test

01 March – 30 April 2009

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: 1 hour 30 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 carbonised sheets.

- (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 each of the dishes chosen, give the quantities of the main ingredients required. (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**, **candidate 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, with your plan and shopping list.

- 1 (a) Prepare, cook and serve **three** dishes each of which contains a good supply of iron.

(b) Use **one** of the dishes from (a) in a two-course meal for two teenagers. Include a drink.
- 2 (a) Prepare, cook and serve a two-course midday meal for two visitors. One of the dishes should be served with a sauce.

(b) Make some small cakes and a batch of biscuits.
- 3 Prepare, cook and serve **five** dishes, some sweet and some savoury, which show the use of the following pieces of equipment: grater, lemon squeezer, steamer, rolling pin, sieve.
- 4 (a) Prepare, cook and serve **three** dishes each of which shows the use of a different cereal.

(b) Use **one** of the dishes from (a) in a packed meal for three children. Include a fruit drink.
- 5 (a) Prepare, cook and serve a two-course meal suitable for your vegetarian friends.

(b) Make a cake by the whisking method and a savoury dish using shortcrust pastry.
- 6 Prepare, cook and serve a selection of dishes suitable for refreshments after a school play. Include a choice of **two** cold drinks
- 7 (a) Prepare, cook and serve **three** dishes showing the use of the following cooking methods: steaming, baking, stewing.

(b) Use one of the dishes from (a) in a two-course meal for two office workers. Serve a drink.
- 8 (a) Prepare, cook and serve **three** dishes each of which includes a different herb or spice.

(b) Make a cake using the creaming method and a batch of scones.

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