



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

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**FOOD AND NUTRITION**

**0648/02**

Paper 2 Practical Test

**01 September – 31 October 2009**

**Planning Session – 1 hour 30 minutes**

**Practical Test – 2 hours 30 minutes**

Additional Materials: Carbonised Sheets

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**READ THESE INSTRUCTIONS FIRST**

Write your Centre number, candidate number and name on all the work you hand in.  
Please see page 2.

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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 a two-course main meal suitable for two vegetarian friends. Include a cold drink.  
  
(b) Make a cake by the whisking method and a batch of scones.
- 2 (a) Prepare, cook and serve **three** dishes making use of the following pieces of equipment: pressure cooker, rolling pin, cake tin.  
  
(b) Include **one** of the dishes from (a) in a two-course meal for your family.
- 3 (a) Prepare, cook and pack a midday meal suitable for a manual worker. Include a drink.  
  
(b) Prepare a savoury dish and a dessert which could be served for his evening meal.
- 4 (a) Prepare, cook and serve **three** main-course dishes which include vegetables.  
  
(b) Use **one** of the dishes from (a) in a two-course meal for three children.
- 5 (a) Prepare **three** savoury dishes, each dish showing one of the following cooking methods: baking, stewing, frying.  
  
(b) Include **one** of the dishes from (a) in a two-course meal for two of your teenage friends.
- 6 Prepare and cook **five** dishes which would be suitable for sale at a school event. One of the dishes should be a decorated cake.
- 7 (a) Prepare, cook and serve a two-course evening meal suitable for two visitors. Include a fruit drink.  
  
(b) Make **one** sweet and **one** savoury dish each using a different type of cheese.
- 8 (a) Prepare, cook and serve a two-course midday meal. One of the dishes should show the use of a batter. Serve a hot drink.  
  
(b) Make a cake by the creaming method and a sweet dish using pastry.

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