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**FOOD AND NUTRITION**

**0648/02**

Paper 2 Practical Test

**01 September – 31 October 2016**

Planning Session: **1 hour 30 minutes**

Practical Test: **2 hours 30 minutes**

Additional Materials: Preparation 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 complete the Choices and Recipes Preparation Sheet (formerly Plan of Work), Time Plan and Shopping List as follows, using the Preparation Sheets provided.

- (i) On the Choices and Recipes Preparation Sheet, 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. List the dishes in the correct order to answer the question.
- (ii) Beside each of the dishes chosen, give the quantities of the main ingredients required. (A full recipe is not necessary.)
- (iii) Complete the Time Plan 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 Practical Test.
- (iv) Complete the Shopping List to show the total quantities of the 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 Planning Session, 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 three Preparation Sheets. Give them and any notes you may have made, with this question paper, to the Supervisor at the end of the Planning Session. You may not take away a copy of the Practical Test, your Preparation Sheets or any notes (other than your recipe books). You may not bring fresh notes to the Practical Test.

The question paper and one copy of your Preparation Sheets will be returned to you by the Practical Examiner at the beginning of the Practical Test. You will be expected to keep to your plan. At the end of the Practical Test, the question paper and Preparation Sheets must be handed to the Practical Examiner.

**Practical Test:** 2 hours 30 minutes

- 1 (a) Prepare, cook and serve a **two-course** main meal suitable for two elderly relatives.  
(b) Make a cake by the whisking method and some biscuits by the melting method.
  
- 2 Prepare, cook and serve **five** skilful dishes, each of which includes a different one of the following ingredients:  

a local fruit, a root vegetable, eggs, ginger, wholemeal flour.
  
- 3 (a) Prepare, cook and serve a **two-course** midday meal for two children which includes a good supply of calcium.  
(b) Make some small cakes and some biscuits which they could share with their friends.
  
- 4 Prepare, cook and serve **five** dishes which would be suitable for a teenager's birthday party. At least **one** of these dishes should be a decorated birthday cake.
  
- 5 (a) Prepare, cook and serve a **two-course** meal which would be suitable for two people who have been playing sport.  
(b) Make a savoury dish which includes vegetables and a sweet dish using pastry.
  
- 6 (a) Prepare, cook and serve **three** skilful dishes. Each dish should use one of the following methods of cooking:  

baking, shallow frying, steaming.

  
(b) Make a cake by the creaming method and a hot dessert.
  
- 7 (a) Prepare, cook and serve a **two-course** evening meal for two office workers.  
(b) Make **two** dishes which would be suitable for them to take to work for a packed meal.
  
- 8 (a) Prepare, cook and serve **three** main-course dishes, each of which includes a different type of cheese.  
(b) Make a dish using a coating batter and a batch of scones.

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