

**UNIVERSITY OF CAMBRIDGE LOCAL EXAMINATIONS SYNDICATE**  
**Joint Examination for the School Certificate**  
**and General Certificate of Education Ordinary Level**

**FOOD AND NUTRITION**

**6065/2**

PAPER 2 Practical Test

**1 SEPTEMBER – 31 OCTOBER 2001**

Planning Session: 1 hour 30 minutes

Practical Test: 2 hours 30 minutes

Additional materials:  
Carbonised sheets

**TIME** 1 hour 30 minutes (Planning Session)  
2 hours 30 minutes (Practical Test)

**INSTRUCTIONS TO CANDIDATES**

Please see page 2.

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**This question paper 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 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) Prepare, cook and serve a main meal rich in vitamin A, which contains foods rich in retinol and carotene.  
(b) Make **two** dishes which could be served with a cup of tea.
- 2 (a) Prepare, cook and serve dishes which illustrate your skill in using:
  - (i) a whisk;
  - (ii) a blender or liquidiser;
  - (iii) a cake tin or flan ring.(b) Using **one** of these dishes, prepare a meal for you and a friend returning from school.
- 3 (a) Eggs have many uses in cooking. Make **four** dishes each of which shows a different use of eggs.  
(b) Prepare, cook and serve a main meal which includes **two** of these dishes.
- 4 Prepare, cook and serve **five** dishes which make interesting use of:
  - (i) citrus fruit zest;
  - (ii) gelatine;
  - (iii) fresh breadcrumbs;
  - (iv) savoury stock;
  - (v) vanilla pods/essence.
- 5 (a) Prepare, cook and serve **three** dishes, each of which uses a different fat or oil.  
(b) Using **one** of these dishes, prepare, cook and serve a main meal for your family.
- 6 (a) Using soya as the main protein food, prepare, cook and serve a main meal for **two** people.  
(b) Make a cake and some scones to serve later in the day.
- 7 Your sister is leaving home to go to college. Prepare, cook and serve a selection of dishes for the family gathering which has been planned. Include a decorated cake.
- 8 (a) Make **three** dishes to illustrate:
  - (i) a roux sauce;
  - (ii) a blended sauce;
  - (iii) an arrowroot glaze.(b) Prepare, cook and serve a main meal which includes **one** of these dishes.

