

CAMBRIDGE INTERNATIONAL EXAMINATIONS
Joint Examination for the School Certificate
and General Certificate of Education Ordinary Level

FOOD AND NUTRITION
PAPER 2 Practical Test

6065/2

12 MARCH – 22 MAY 2002
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.

This question paper 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 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) Your mother is on a slimming diet. Prepare a main meal for her.
(b) Prepare an alternative main course and dessert for the rest of the family.
- 2 (a) Calcium and Vitamin D are essential nutrients in the diet. Prepare, cook and serve **three** dishes each of which contains both nutrients.
(b) Include **one** of these dishes in a main meal for your family.
- 3 (a) Your mother is convalescing. Prepare her main meal and serve it on a tray.
(b) Prepare, cook and serve an alternative main course and dessert to make the meal more substantial for the rest of the family.
- 4 (a) Make **one** savoury and **one** sweet dish, one of which uses a pouring batter and the other a coating batter.
(b) Use **one** of these dishes to form part of a main meal for your family.
(c) Make a batch of scones for tea.
- 5 (a) Your sister is a vegan. Prepare **three** main course dishes to illustrate how a vegan diet can be healthy and interesting.
(b) Using **one** of these dishes, prepare a two-course meal for the rest of the family who are not vegan.
- 6 (a) Prepare **four** dishes each using **one** of the following skills:
 - (i) stir frying;
 - (ii) grilling;
 - (iii) baking;
 - (iv) shallow frying.
(b) Using **one** of these dishes, prepare a substantial breakfast for your brothers.
- 7 (a) Prepare, cook and serve **three** dishes, each of which shows the use of **one** of the following cereal products:
 - (i) polished rice;
 - (ii) wholewheat flour;
 - (iii) cornflour or cornstarch.
(b) Using **one** of these dishes, prepare a meal for yourself and a friend to enjoy after going to a concert.
- 8 You are helping to prepare the food for a buffet after a school play. Prepare a selection of suitable sweet and savoury dishes and serve a cold drink.

