



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

FOOD AND NUTRITION

0648/02

Paper 2 Practical Test

01 March – 30 April 2007

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. You may retain your plan and list.

- 1 (a) Prepare, cook and serve a two-course evening meal suitable for three visitors. Offer a choice of **two** desserts.

(b) Make **two** dishes each of which contains a different type of flour.
- 2 Show the use of the following pieces of equipment in the preparation of **five** different sweet or savoury dishes: flan tin, frying pan, wooden spoon, whisk, cake tin.
- 3 (a) Prepare, cook and serve a two-course packed meal for you and two of your friends. Include a drink.

(b) Make **two** dishes which show the use of air as a raising agent.
- 4 (a) Prepare a selection of sweet and savoury dishes suitable for a birthday party.

(b) Make and decorate the birthday cake.
- 5 (a) Prepare, cook and serve **three** dishes to illustrate **three** different methods of cooking.

(b) Make a snack consisting of **two** dishes and a cold drink.
- 6 (a) Prepare a batch of **either** flaky **or** rough-puff pastry and use it to make **three** different dishes.

(b) Include one of the dishes from (a) in a two-course meal for your three teenage friends. Serve a fruit drink.
- 7 (a) Prepare, cook and serve **three** dishes which are rich in dietary fibre (NSP).

(b) Include one of the dishes from (a) in a two-course meal for a family of three people. Prepare a drink.
- 8 (a) Prepare, cook and serve a two-course main meal which includes a roux sauce.

(b) Make a savoury dish using the rubbing-in method and a sweet dish by the creaming method.

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