



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 March – 30 April 2008**

**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. You may retain your plan and list.

- 1 (a) Prepare, cook and serve **three** main course dishes each of which contains a different protein food.  
  
(b) Use **one** of the dishes from (a) to prepare a meal for two schoolboys. Include a drink.
- 2 Prepare and cook **five** dishes which would be suitable to take on a family outing. Include a choice of drinks.
- 3 (a) Prepare, cook and serve a two-course main meal for two manual workers. Include a drink.  
  
(b) Make a batch of biscuits and some scones.
- 4 (a) Include the following ingredients when preparing a variety of dishes which would be suitable for sale at a school fund-raising event:  
  
lemons, nutmeg, cheese, yeast.  
  
(b) Prepare a simple snack which could be eaten after the event.
- 5 (a) Prepare, cook and serve a two-course evening meal for yourself and two friends. Include at least **three** different fruits and/or vegetables in the meal.  
  
(b) Make some biscuits and a cake for your friend's birthday. Decorate these items before serving.
- 6 (a) Prepare, cook and serve a two-course meal suitable for a convalescent. Include a cold drink.  
  
(b) Make a sweet dish using a batter mixture and make some small cakes by the creaming method.
- 7 (a) Prepare **two** dishes, each using a different type of pastry.  
  
(b) Include **one** of the dishes from (a) in a main meal for your family. Prepare **two** different desserts.
- 8 (a) Prepare, cook and serve a two-course meal for three vegetarians. Include a dessert which can be served cold and a fruit drink.  
  
(b) Make a cake using the whisking method and some biscuits using the melting method.

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