



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

---

**FOOD AND NUTRITION**

**0648/02**

Paper 2 Practical Test

**01 March – 30 April 2010**

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, with your plan and shopping list.

- 1 Prepare, cook and serve **five** dishes, some sweet and some savoury, which include the following ingredients:  
ginger, onions, rice, cheese, milk.
- 2 (a) Prepare and pack a meal for two schoolgirls who are going out for the day. Include a drink.  
(b) Prepare a hot dish for their return and a cold dessert.
- 3 (a) Prepare, cook and serve a two-course meal for two visiting relatives. Include a choice of dessert.  
(b) Make some small cakes and a hot drink.
- 4 (a) Prepare **three** main-course dishes each showing a different method of cooking.  
(b) Use **one** of the dishes from (a) in a two-course mid-day meal for two of your friends.
- 5 Prepare, cook and serve **five** dishes suitable for a children's party.
- 6 (a) Prepare, cook and serve a two-course evening meal for two office workers. Include a drink.  
(b) Make **two** dishes which the office workers could take to work for their lunch the next day.
- 7 (a) Prepare, cook and serve **three** dishes which show the use of different local vegetables.  
(b) Use one of the dishes from (a) in a two-course meal for two vegetarians.
- 8 (a) Prepare, cook and serve a two-course mid-day meal which shows the use of the following pieces of equipment:  
pressure cooker, sieve, wooden spoon.  
(b) Make a cake using the creaming method and make some scones.

**BLANK PAGE**

---

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

University of Cambridge International Examinations is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.