

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

**FOOD AND NUTRITION**

**0648/02**

Paper 2 Practical Test

01 September – 31 October 2006

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 **three** dishes which make use of the following equipment: a pressure cooker, a rolling pin, a blender or liquidiser.  
(b) Include **one** of the dishes from (a) in a meal for your family.
- 2 (a) Prepare a packed meal which would be suitable for a vegetarian. Include a drink.  
(b) Make **two** dishes which contain fruit for the evening meal.
- 3 Prepare, cook and serve **five** dishes which make use of the following ingredients: herbs, milk, ginger, citrus fruit, cheese.
- 4 (a) Prepare, cook and serve a two course meal which includes a dish made using a batter. Serve a fruit drink.  
(b) Make a cake by the melting method and a batch of scones.
- 5 (a) Prepare, cook and serve **three** savoury dishes which use **three** different types of flour.  
(b) Include **one** of the dishes from (a) in a meal for three teenagers.
- 6 (a) Prepare, cook and serve an evening meal for two visitors. Offer a choice of **two** desserts.  
(b) Make some small cakes and a batch of biscuits.
- 7 (a) Prepare, cook and serve **three** dishes each of which shows the use of one of the following methods of cooking: steaming, grilling, boiling.  
(b) Include **one** of the dishes from (a) in a main meal for your parents.
- 8 (a) Prepare, cook and serve a two-course meal which is rich in dietary fibre (NSP). Include a choice of cold drinks.  
(b) Make **one** sweet and **one** savoury dish using a batch of shortcrust pastry.

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