



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 September - 31 October 2007**

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 a two-course packed meal and a drink suitable to take on a long walk. **One** dish should show the use of yeast.  
  
(b) Make a savoury dish and a cold dessert which could be served on your return.
- 2 Show the use of the following pieces of equipment in the preparation of a variety of sweet and savoury dishes: piping bag, whisk, rolling pin, cake tin, steamer.
- 3 (a) Prepare, cook and serve a two-course vegetarian meal which includes cheese. Serve a drink.  
  
(b) Prepare **two** dishes, each one showing the use of a different cereal.
- 4 (a) Prepare, cook and serve a variety of dishes suitable for a family celebration.  
  
(b) Prepare a snack consisting of **two** dishes and a drink.
- 5 (a) Prepare, cook and serve a two-course evening meal which includes a good supply of iron.  
  
(b) Make a sponge cake using the whisking method and some biscuits by the rubbing-in method.
- 6 (a) Prepare, cook and serve a two-course meal for a family of three people. Make a sauce to accompany **one** of the dishes.  
  
(b) Make a batch of scones and some biscuits.
- 7 (a) Prepare a batch of any type of pastry and use it to make **three** different dishes.  
  
(b) Include **one** of the dishes from (a) in a two-course meal for your friends. Offer a choice of cold drinks.
- 8 (a) Prepare, cook and serve a two-course meal which includes soya as the main protein food. Include a choice of **two** desserts.  
  
(b) Make a cake by the creaming method and decorate it for tea.

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