

Cambridge International Examinations

Cambridge International General Certificate of Secondary Education

FOOD AND NUTRITION

0648/02

Paper 2 Practical Test

01 September–31 October 2018

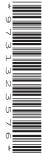
Planning Session: 1 hour 30 minutes Practical Test: 2 hours 30 minutes

Additional Materials:

Preparation Sheets

READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.



This document consists of 3 printed pages and 1 blank page.



Planning Session: 1 hour 30 minutes

Write your **name**, **candidate number** and the **number of the test** assigned to you on your three Preparation Sheets.

- 1. Complete your Preparation Sheets as follows. The amounts you cook should be sufficient for two or three people. You may use recipe books.
 - (i) Write the names of the dishes you decide to make on the **Choices and Recipes** Preparation Sheet. Show clearly which dishes you have chosen to make for each part of the test. Do **not** copy out the test.

Give the quantities of **all** the ingredients required next to each of the dishes you have chosen. A full recipe is **not** necessary.

You are advised to choose dishes which are nutritionally balanced and need skill to make.

- (ii) Complete the **Time Plan** to show:
 - · a clear sequence of work, including adequate timings
 - · the methods for each dish
 - the oven temperature and cooking time for each dish
 - the time you have allowed for cleaning and dish-washing
 - · the time you have allowed for serving.
- (iii) Complete the **Shopping List** to show the total quantities of the ingredients required.
- 2. At the end of the Planning Session, give your question paper, Preparation Sheets and any notes you have made to the Supervisor. You may **not** take these away from the Planning Session. You may **not** bring any additional notes to the Practical Test.
- 3. At the beginning of the Practical Test, you will be given back your question paper, Preparation Sheets and any notes you made during the Planning Session.

Practical Test: 2 hours 30 minutes

For the purposes of the Practical Test, a **balanced** main meal must consist of:

two skilful dishes plus a minimum of **two** suitable accompaniments.

- 1 (a) Prepare, cook and serve a balanced main meal for two vegetarian friends.
 - **(b)** Make a batch of biscuits by the melting method, and **either** a batch of small cakes **or** a tray bake.
- **2 (a)** Prepare, cook and serve **three** dishes. Each dish should demonstrate a **different** cooking method from the following list:

baking, shallow frying, stewing

- **(b)** Make a savoury dish using pasta, and a dish using a roux sauce.
- **3 (a)** Prepare, cook and serve **four** dishes that are suitable for athletes at a sports event. At least **two** of the dishes must be savoury.
 - **(b)** Make a cake by the whisking method and decorate it.
- **4 (a)** Prepare, cook and serve **three** dishes, each of which uses a **different** protein food from the following list:

cheese, eggs, fish, meat, soya/tofu

- **(b)** Make a cake by the creaming method, and a batch of scones.
- 5 (a) Prepare, cook and serve a balanced main meal for two friends who are trying to lose weight.
 - **(b)** Make **two** cold dishes which are suitable for a packed meal.
- 6 Prepare, cook and serve **five** dishes, each of which includes a **different** main ingredient from the following list:

a root vegetable, chocolate, milk, pulses, rice

- 7 (a) Prepare, cook and serve a balanced main meal for two visitors.
 - **(b)** Make **two** different baked dishes they could take home with them. At least **one** of the dishes must include yeast.
- **8 (a)** Prepare, cook and serve **three** dishes, each of which shows the use of a **different** piece of equipment from the following list:

grater, roasting tin, saucepan

(b) Make a batch of savoury scones, and a cake that includes fruit.

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