

# Cambridge IGCSE<sup>™</sup>

## **FOOD & NUTRITION**

Paper 2 Practical Test

0648/02

October/November 2020

You will need: Preparation sheets

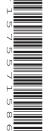
## INSTRUCTIONS

- Answer **one** question. You will be told which question to answer.
- Write your name, centre number and candidate number on all the work you hand in.
- See page 2 for full instructions.
- You have **1 hour 30 minutes** for planning.
- You have 2 hours 30 minutes for the practical test.
- You may use a calculator.

#### INFORMATION

- The total mark for this paper is 100.
- All questions are worth equal marks.

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## 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 that is rich in iron and vitamin C.
  - (b) Make a hot dish using rice and a cold dish using a local fruit.
- 2 (a) Prepare, cook and serve a **balanced** main meal for two teenage friends.
  - (b) Make a hot dish with a sauce and a batch of scones.
- **3** Prepare, cook and serve **five** skilful dishes, each to show the use of a different **main** ingredient from the following list:

a green vegetable, dried fruit, milk, nuts, pasta, red meat.

- 4 (a) Prepare, cook and serve a **balanced** main meal for two office workers.
  - (b) Make a dish using cheese and a dish using oats.
- **5** Prepare, cook and serve **five** skilful dishes, each to show the use of a different method from the following list:

baking, grilling, microwaving, shallow-frying, steaming, stewing.

- 6 (a) Prepare, cook and serve a **balanced** main meal for two friends who are in the late stages of pregnancy.
  - (b) Make a dish using yeast and a dish using pastry.
- 7 (a) Prepare, cook and serve three skilful dishes, each using a different vegetable as a main ingredient.
  - (b) Make a cold dish using eggs and a cake using the whisking method.
- 8 (a) Prepare, cook and serve three skilful vegetarian dishes suitable for main meals.
  - (b) Make a cake using the creaming method and a batch of biscuits using the melting method.

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