



FOOD AND NUTRITION

0648/02

Paper 2 Practical Test

01 March–30 April 2019

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.

Answer **one** question. You will be told which question to answer.



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 teenage boys.
(b) Make a cake using the creaming method and a simple savoury snack with a drink.

- 2 Prepare, cook and serve **five** skilful dishes that would be suitable to serve at a family picnic. At least two of the dishes must be savoury.

- 3 (a) Prepare, cook and serve a **balanced** main meal for two convalescents.
(b) Make a cake by the whisking method and a batch of scones.

- 4 Prepare, cook and serve **five** skilful snacks that could be sold at a school event. At least two of the snacks must be savoury.

- 5 (a) Prepare, cook and serve **three** skilful dishes, each of which includes a **different** cooking method from the following list:

braising, deep fat frying, grilling, microwaving, steaming.

(b) Make a batch of decorated small cakes and a batch of biscuits.

- 6 (a) Prepare, cook and serve **three** skilful dishes, each to show the use of a **different** carbohydrate food from the following list:

maize, millet, potato, rice, wheat flour.

(b) Make a hot dish using cheese and a cold dessert using eggs.

- 7 (a) Prepare, cook and serve a **balanced** main meal for two office workers.
(b) Make a dish using a roux sauce and a sweet dish using the melting method.

- 8 (a) Prepare, cook and serve a **balanced** main meal for two vegan friends.
(b) Make a savoury dish using yeast and a sweet dish using fresh fruit.

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