



**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, Time Plan and Shopping List of ingredients as follows, using the carbonised sheets.

- (i) On the Plan of Work sheet, 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. List the dishes in the correct order to answer the question.
- (ii) Beside each of the dishes chosen, give the quantities of the main ingredients required. (A full recipe is not necessary.)
- (iii) Complete the Time Plan sheet 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 Practical Test.
- (iv) Complete the Shopping List sheet to show the total quantities of the ingredients required.

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 Session, 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 of Work, Time Plan and Shopping List. Give them and any notes you may have made, with this question paper, to the Supervisor at the end of the Planning Session. 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 your Plan of Work, Time Plan and Shopping 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, with your Plan of Work, Time Plan and Shopping List.

**Practical Test:** 2 hours 30 minutes

- 1 (a) Prepare, cook and serve a **two-course** main meal which is rich in dietary fibre / NSP.  
(b) Make some biscuits by the rubbing-in method and a cake by the creaming method.
  
- 2 Prepare, cook and serve **five** different skilful dishes, each dish showing the use of one of the following pieces of equipment:  

a pressure cooker, a cake tin, a frying pan, a sieve, a wooden spoon.
  
- 3 (a) Prepare, cook and serve a **two-course** midday meal for two visiting relatives.  
(b) Make a cake by the whisking method and some scones which could be served for tea.
  
- 4 (a) Prepare, cook and serve **four** skilful dishes which could be presented at a school sale of work.  
(b) Make a simple hot snack and a drink which could be served after the event.
  
- 5 (a) Prepare, cook and serve a **two-course** meal suitable for two school children.  
(b) Make some biscuits by the melting method and a dish which includes rice.
  
- 6 (a) Prepare, cook and serve a **two-course** evening meal for two vegetarians.  
(b) Make a dish using yeast and a sweet dish using a batter mixture.
  
- 7 (a) Prepare, cook and serve **three** items which would be suitable for a packed meal.  
(b) Make a hot dish and a cold dessert which could be served later in the day.
  
- 8 Prepare, cook and serve **five** different skilful dishes, each of which includes one of the following ingredients:  

plain flour, a spice, a green vegetable, icing sugar, cheese.

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