

CAMBRIDGE INTERNATIONAL EXAMINATIONS
Joint Examination for the School Certificate
and General Certificate of Education Ordinary Level

FOOD AND NUTRITION
PAPER 2 Practical Test

6065/2

1 SEPTEMBER – 31 OCTOBER 2002

Planning Session: 1 hour 30 minutes

Practical Test: 2 hours 30 minutes

Additional materials:
Carbonised sheets

TIME 1 hour 30 minutes (Planning Session)
2 hours 30 minutes (Practical Test)

INSTRUCTIONS TO CANDIDATES

Please see page 2.

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 the dishes chosen, give the quantities of the main ingredients required for each. (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**, **index 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 Using a food processor or a table food mixer and attachments, prepare, cook and serve **three** dishes to show the versatility of the machine.
- 2 (a) Prepare, cook and serve **three** dishes, to show that you understand each of the following terms
 - (i) dextrinisation;
 - (ii) gelatinisation;
 - (iii) coagulation.(b) Using **one** of these dishes, prepare a two course meal for yourself and a friend.
- 3 (a) Prepare a two course meal which shows your culinary skills and which incorporates **three** different types of convenience foods.
(b) Make a cake using the creaming method and biscuits using the melting method.
- 4 (a) Prepare **three** cheese dishes each of which demonstrates a different skill.
(b) Use **one** of these dishes in a mid-day meal.
- 5 It is your sister's sixth birthday. Prepare, cook and serve food for her party. Include a decorated cake and a cold drink.
- 6 (a) Prepare a savoury and a sweet dish from a batch of shortcrust pastry.
(b) Using **one** of these dishes prepare a mid-day meal suitable for a lacto-vegetarian. Include a drink and a batch of small cakes which do not need decorating and are made by the all-in-one method.
- 7 (a) Prepare, cook and serve the main meal for your family using only the oven. You can include some dishes which do not require cooking.
(b) Make a batch of biscuits and scones.
- 8 (a) Your mother is on a low fat diet. Prepare a savoury dish and a sweet dish for her to include in her packed meal.
(b) Prepare, cook and serve an evening meal for the family.

