UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Ordinary Level

FOOD AND NUTRITION **6065/02**

Paper 2 Practical Test

01 March–30 April 2004

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

Additional materials: Carbonised sheets

READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.
Please see page 2.

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

Planning Session: One hour thirty minutes

When you know which of the tests is assigned to you, read it through carefully then prepare a ~~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 **(a)** Prepare, cook and serve **three** dishes suitable for a lacto-vegetarian.

   (b) Include **one** of these dishes in a two-course meal for your family.

2 **(a)** Make a batch of shortcrust pastry into **three** different dishes. At least **one** of the dishes should be sweet.

   (b) Prepare a packed meal for an office worker. It must include **one** of the shortcrust pastry dishes and a drink.

3 **(a)** Use your skills to prepare **three** different dishes using vegetables.

   (b) Use **one** of these dishes in an evening meal for three teenagers. Include a drink made with fresh fruit.

4 **(a)** Prepare, cook and serve **three** dishes, each one using a different soya product.

   (b) Prepare a two course main meal for your elderly relatives which includes **one** of these dishes.

5 **(a)** Prepare, cook and serve **three** main course dishes, each one showing the use of a different type of convenience food.

   (b) Make **one** sweet and **one** savoury dish from a batch of flaky or rough puff pastry.

6 **(a)** Prepare, cook and serve **three** dishes, each one showing a different method of cooking fish.

   (b) Include **one** of these dishes in a two-course meal. Offer a choice of dessert.

7 **(a)** Teenagers may use high levels of energy in their daily activities. Prepare, cook and serve a two-course meal which includes foods to provide energy.

   (b) Make some biscuits by the melting method and a cake by the one-stage method.

8 **(a)** Prepare, cook and serve **two** dishes with sauces, **one** to show the use of a pouring sauce and **one** to include a coating sauce.

   (b) Include **one** of these dishes to prepare a main meal for your family. Make a batch of biscuits for use later in the day.

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