UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS

General Certificate of Education Ordinary Level

FOOD AND NUTRITION **6065/02**

Paper 2 Practical Test

1 September–31 October 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.

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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 **(a)** Prepare, cook and serve a main meal which is rich in Vitamin C.

   (b) Make and decorate a batch of biscuits.
   Prepare a choice of cold drinks to serve with the biscuits.

2 **(a)** Prepare, cook and serve **three** dishes, each showing the use of one of the following:

   (i) a cake tin

   (ii) a rolling pin

   (iii) a steamer

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

3 **(a)** Make a batch of shortcrust pastry and use it to prepare **three** different dishes.

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

4 **(a)** Prepare **three** dishes to illustrate **three** different uses of eggs in cookery.

   (b) Make some scones and some biscuits for tea.

5 **(a)** Prepare, cook and serve a selection of sweet and savoury dishes suitable for a family celebration. Include a choice of fruit drinks.

   (b) Make and serve a decorated cake.

6 **(a)** Prepare, cook and serve a meal which is rich in calcium and is suitable for children. Include a drink.

   (b) Make a selection of small cakes by the creaming method.

7 **(a)** Prepare, cook and serve a two course main meal using the top of the stove only.

   (b) Make **two** cold desserts using fruit.

8 **(a)** Prepare, cook and serve **three** dishes, each to illustrate the use of at least one of the following ingredients:

   (i) herbs and/or spices

   (ii) gelatine

   (iii) cheese

   (b) Include **one** of these dishes in a main meal suitable for your visiting relatives.

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