

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

**FOOD AND NUTRITION**

**0648/02**

Paper 2 Practical Test

01 September–31 October 2005

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:** 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 **two-course** main meal suitable for your visitors who are vegetarians. Include a choice of drinks.  
(b) Make a whisked sponge cake for tea.
- 2 (a) Prepare, cook and serve **three** dishes, each to illustrate one of the following methods of cooking: stewing, frying, baking.  
(b) Include **one** of the dishes from (a) in a main meal for your family.
- 3 (a) Prepare, cook and serve **two** sweet and **two** savoury dishes suitable for a party.  
(b) Prepare a simple snack and a drink which could be served later in the day.
- 4 (a) Prepare, cook and serve **three** main course dishes which include vegetables.  
(b) Use **one** of the dishes from (a) to prepare a meal for your parents.
- 5 (a) Prepare a packed lunch for **two** office workers who are trying to lose weight. Include a drink.  
(b) Make **two** dishes to be served in the evening, one of which should include a sauce.
- 6 (a) Use the following pieces of equipment when preparing **three** main course dishes: a piping bag, a whisk, a pressure cooker.  
(b) Include **one** of the dishes from (a) in a meal for two boys who have been on a long walk.
- 7 (a) Prepare, cook and serve a **two-course** main meal which is suitable for children and includes fish. Serve a cold drink.  
(b) Make **one** sweet and **one** savoury dish from a batch of **either** flaky **or** rough puff pastry.
- 8 (a) Prepare, cook and serve a main meal for **two** teenage girls. The meal should include a good source of iron. Serve a drink containing Vitamin C.  
(b) Make some small cakes by the rubbing in method and some biscuits by the melting method.

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