



**Planning Session: 1 hour 30 minutes**

When you know which of the tests is assigned to you, read it through carefully, then complete the Choices and Recipes Preparation Sheet (formerly Plan of Work), Time Plan and Shopping List as follows, using the Preparation Sheets provided.

- (i) On the Choices and Recipes Preparation 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 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 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 three Preparation Sheets. 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 Practical Test, your Preparation Sheets or any notes (other than your recipe books). You may **not** bring fresh notes to the Practical Test.

The Question Paper and one copy of your Preparation Sheets will be returned to you by the Practical Examiner at the beginning of the Practical Test. You will be expected to keep to your plan. At the end of the Practical Test, the Question Paper and Preparation Sheets must be handed to the Practical Examiner.

**Practical Test:** 2 hours 30 minutes

For the purposes of the Practical Test, a **balanced** main meal must consist of:

- **one** skilful main-course dish
- **one** skilful starter or **one** skilful dessert
- **two** suitable accompaniments.

- 1 (a) Prepare, cook and serve a **balanced** main meal for two teenage girls.  
 (b) Make a cold savoury dish, and a cold sweet dish that they could use as part of a packed meal the next day.
- 2 Prepare, cook and serve **five** skilful dishes that are suitable for a child's birthday party. At least **two** of the dishes must be savoury.
- 3 (a) Prepare, cook and serve a **balanced** main meal for two office workers.  
 (b) Make a cake by the creaming method, and a savoury dish using cheese.
- 4 Prepare, cook and serve **five** skilful snack items to sell at a school event. At least **three** of the items must be savoury.
- 5 (a) Prepare, cook and serve **three** skilful dishes. Each of which uses **one** of the following methods of cooking:  
 braising, deep-fat frying, grilling, pressure cooking, microwaving.  
 (b) Make a batch of scones, and **either** a batch of small cakes **or** a tray bake.
- 6 (a) Prepare, cook and serve **three** skilful dishes, each of which uses **one** of the following as a **main** ingredient:  
 cheese, potato, wheat flour.  
 (b) Make a cold dessert using fresh fruit, and a batch of biscuits by the melting method.
- 7 (a) Prepare, cook and serve a **balanced** main meal for two adults who have type 2 diabetes.  
 (b) Make a savoury dish using pastry, and a cake by the whisking method.
- 8 (a) Prepare, cook and serve **three** skilful dishes, each of which uses a different vegetable as a **main** ingredient.  
 (b) Make a sweet dish using dried fruit, and a dish using a batter mixture.

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