

## FOOD AND NUTRITION

Paper 2 Practical Test

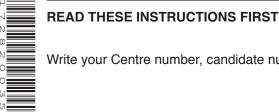
0648/02

01 March–30 April 2018

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

Additional Materials:

terials: Preparation Sheets



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

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



Write your **name**, **candidate number** and the **number of the test** assigned to you on your three Preparation Sheets.

- 1. Complete your Preparation Sheets as follows. The amounts you cook should be sufficient for two or three people. You may use recipe books.
  - (i) Write the names of the dishes you decide to make on the **Choices and Recipes** Preparation Sheet. Show clearly which dishes you have chosen to make for each part of the test. Do **not** copy out the test.

Give the quantities of **all** the ingredients required next to each of the dishes you have chosen. A full recipe is **not** necessary.

You are advised to choose dishes which are nutritionally balanced and need skill to make.

- (ii) Complete the **Time Plan** to show:
  - a clear sequence of work, including adequate timings
  - the methods for each dish
  - the oven temperature and cooking time for each dish
  - the time you have allowed for cleaning and dish-washing
  - the time you have allowed for serving.
- (iii) Complete the **Shopping List** to show the total quantities of the ingredients required.
- At the end of the Planning Session, give your question paper, Preparation Sheets and any notes you have made to the Supervisor. You may **not** take these away from the Planning Session. You may **not** bring any additional notes to the Practical Test.
- 3. At the beginning of the Practical Test, you will be given back your question paper, Preparation Sheets and any notes you made during the Planning Session.

## Practical Test: 2 hours 30 minutes

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

- one skilfully made main-course dish
- one skilfully made starter or one skilfully made dessert
- **two** suitable accompaniments.
- 1 (a) Prepare, cook and serve a **balanced** main meal for two elderly relatives.
  - (b) Make a dish using eggs, and a dish using shortcrust pastry.
- 2 (a) Prepare, cook and serve three dishes suitable for a packed meal for two construction workers.
  - (b) Make a hot dish using pasta, and a cold dessert using chocolate.
- 3 (a) Prepare, cook and serve three savoury vegetarian dishes suitable for a party.
  - (b) Make a batch of biscuits by the melting method, and a decorated cake for the party.
- 4 Prepare, cook and serve **five** dishes, each of which uses **one** of the following as a **main** ingredient. cheese, dried fruit, fish, lentils, rice
- 5 (a) Prepare, cook and serve **three** dishes using the top of the cooker only.
  - (b) Make a cake by the creaming method, and a batch of scones.
- 6 Prepare, cook and serve five dishes, each of which uses one of the following pieces of equipment. blender, frying pan, piping bag, pressure cooker, rolling pin, vegetable peeler, whisk
- 7 (a) Prepare, cook and serve a **balanced** main meal for two friends who have coeliac disease.
  - (b) Make a batch of biscuits or cookies, and a savoury dish using a batter mixture.
- 8 Prepare, cook and serve **five** dishes suitable for a buffet lunch for your teachers. At least **two** of the dishes must be savoury.

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