UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Ordinary Level

FOOD AND NUTRITION **6065/02**

Paper 2 Practical Test **01 March – 30 April 2011**

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 each of the dishes chosen, give the quantities of the main ingredients required. (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**, **candidate 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 at the end of the Planning Session. 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, with your plan and shopping list.

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1 **(a)** Prepare, cook and serve a two-course evening meal for two manual workers.

(b) Make **two** dishes which could be used as part of the workers' packed meal on the following day.

2 Prepare a selection of sweet and savoury dishes which would be suitable to take on a family outing. Include a drink.

3 **(a)** Prepare, cook and serve **three** dishes, each dish showing the use of a different type of flour.

(b) Use **one** of the dishes from **(a)** in a two-course meal for two friends.

4 **(a)** Prepare, cook and serve a two-course midday meal for two vegetarians.

(b) Make a cake by the whisking method and some biscuits by the melting method.

5 Prepare, cook and serve **five** dishes which show your skill in the use of the following ingredients:

self-raising flour, rice, cheese, yeast, lemon juice.

6 **(a)** Prepare, cook and serve a two-course meal which is suitable for a person who is recovering from an illness.

(b) Make a savoury dish using flaky or rough-puff pastry and a sweet dish using batter.

7 **(a)** Prepare, cook and serve **three** main-course dishes, each of which includes a good supply of dietary fibre / NSP.

(b) Use one of the dishes from **(a)** in a two-course meal for your family.

8 **(a)** Prepare, cook and serve a two-course midday meal for three children.

(b) Make some small cakes by the rubbing-in method and make a dish which includes fruit.

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