
FOOD STUDIES

9336/02

Paper 2 Practical Test

October/November 2017

Planning Session: **2 hours 30 minutes**
Preparation Session: **30 minutes**
Practical Test: **2 hours 30 minutes**

Additional Materials: Preparation 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: 2 hours 30 minutes

Food tables and recipe books may be used in the Planning Session, Preparation Session and in the Practical Test.

Use of food tables – it is acceptable to use values for a similar food where the actual food is not represented in the tables available.

Use the Preparation Sheets provided for all written work. If you are using the carbonised version of the Preparation Sheets you must write in ballpoint pen.

- (i) Choose your test.
- (ii) List the dishes chosen, give the sources of recipes and state the quantities of the main basic ingredients on the Choices and Recipes Preparation Sheet (formerly Plan of Work). Repetitive skills are discouraged.
- (iii) Complete any written work and/or calculation required on the Writing Paper sheets.
- (iv) State briefly on the Time Plan the preparatory work to be done in the 30 minutes of the Preparation Session.

Make a Time Plan for the 2 hours 30 minutes of the Practical Test.

- (v) Prepare a Shopping List of ingredients to show the total quantities required.

At the end of the Planning Session give this Question Paper and a copy of each Preparation Sheet to the Supervisor. The Preparation Sheets may be used for reference during the Practical Test.

If you wish to change your Time Plan you must consult the Examiner.

Choose **one** of the following tests.

- 1** Carbohydrates are needed for energy.
- (a) Prepare **four** dishes which show the use of **four** different carbohydrate foods.
 - (b) Make a cake by the creaming method and decorate it skilfully.
 - (c)
 - (i) Describe how carbohydrate is digested and absorbed.
 - (ii) Discuss **three** health problems associated with an excess of sugar in the diet and suggest **three** ways to reduce sugar consumption.
 - (iii) Give practical reasons for your choice of dishes.
 - (iv) State the nutritional value of the cake prepared in (b).
- 2** Eggs are very versatile and can be used in many ways in cooking.
- (a) Prepare **four** dishes which show **four** different uses of eggs.
 - (b) Make a cake by the creaming method and decorate it skilfully.
 - (c)
 - (i) Eggs provide the body with protein. Describe how protein is digested and absorbed.
 - (ii) Explain **six** ways in which eggs can be used in cooking and give an example of each use.
 - (iii) Give practical reasons for your choice of dishes.
 - (iv) State the nutritional value of the cake prepared in (b).
- 3** Micronutrients (vitamins and minerals) are very important and have many different functions in the body.
- (a) Prepare **four** dishes to show how each of the following micronutrients can be incorporated into the diet: calcium, iron, vitamin A and vitamin C.
 - (b) Make a cake by the creaming method and decorate it skilfully.
 - (c)
 - (i) Explain why calcium, iron, vitamin A and vitamin C are needed by the body and give a good food source of each.
 - (ii) Discuss the needs of a pregnant woman for micronutrients and state which foods should be avoided during pregnancy.
 - (iii) Give practical reasons for your choice of dishes.
 - (iv) State the nutritional value of the cake prepared in (b).

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