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**FOOD STUDIES**

**9336/02**

Paper 2 Practical Test

**October/November 2018**

Planning Session: **2 hours 30 minutes**

Preparation Session: **30 minutes**

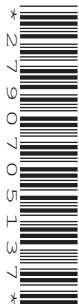
Practical Test: **2 hours 30 minutes**

Additional Materials: Preparation Sheets

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**READ THESE INSTRUCTIONS FIRST**

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



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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.

It is acceptable to use values for a similar food where the actual food is not represented in the food tables available.

Use the Preparation Sheets provided for all written work.

- (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 calculations 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 your Preparation Sheets 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 Practical Examiner.

Choose **one** of the following tests.

- 1 Many people follow a vegetarian diet.
- (a) Prepare **four** dishes which show how protein from **four** different sources can be included in the diet of a lacto-ovo vegetarian.
  - (b) Prepare a dish to show the gelatinisation of starch.
  - (c)
    - (i) Name eight essential amino acids for adults.
    - (ii) Describe how a vegan can ensure a good supply of protein and iron.
    - (iii) Give practical reasons for your choice of dishes.
    - (iv) State the nutritional value of the dish chosen in **(b)**.
- 2 Staple foods are foods that are regularly consumed and form the basis of the diet of a community or society.
- (a) Prepare **four** dishes which show how **four** different staple foods can be included in the diet.
  - (b) Prepare a dish to show the gelatinisation of starch.
  - (c)
    - (i) State the nutritive value of **two** of the staple foods that you have chosen.
    - (ii) State why staple foods are important and describe the different products that can be made from **two** different staple foods of your choice.
    - (iii) Give practical reasons for your choice of dishes.
    - (iv) State the nutritional value of the dish chosen in **(b)**.
- 3 There are many types of dairy product.
- (a) Prepare **four** dishes which show the use of **four** different dairy products.
  - (b) Prepare a dish to show the gelatinisation of starch.
  - (c)
    - (i) Explain why milk must be heat treated. Discuss the sterilisation of milk and the production of dried milk powder.
    - (ii) Discuss the nutritive value of milk and state why the nutrients in milk are needed by the body.
    - (iii) Give practical reasons for your choice of dishes.
    - (iv) State the nutritional value of the dish chosen in **(b)**.

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