
FOOD STUDIES

9336/02

Paper 2 Practical Test

October/November 2019

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.

Answer **one** question.

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.
- (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 after the Planning Session, you must consult the practical examiner.

Choose **one** of the following tests.

- 1** Fruit and vegetables are an important part of the daily diet.
- (a) Prepare **four** dishes which show how **four** different types of fruit or vegetables can be used to create healthy dishes.
 - (b) Prepare a dish to show the use of carbon dioxide as a raising agent.
 - (c)
 - (i) Fruit and vegetables can be preserved in many ways. Discuss the principles of food preservation. List, with examples, **four** ways in which fruit and vegetables can be preserved.
 - (ii) Fruit and vegetables are a good source of non-starch polysaccharide (NSP). Give **four** reasons why NSP should be included in the daily diet.
 - (iii) Give practical reasons for your choice of dishes.
 - (iv) State the nutritional value of the dish chosen in (b).
- 2** It is important to include protein in the diet.
- (a) Prepare **four** dishes which show how **four** different types of protein can be used in family meals.
 - (b) Prepare a dish to show the use of carbon dioxide as a raising agent.
 - (c)
 - (i) Describe the digestion of protein. State what is meant by deamination.
 - (ii) Explain the difference between high biological value (HBV) and low biological value (LBV) protein. Describe the process of protein complementation.
 - (iii) Give practical reasons for your choice of dishes.
 - (iv) State the nutritional value of the dish chosen in (b).
- 3** Food is often decorated or garnished.
- (a) Prepare **four** dishes to show **four** different ways in which food can be decorated or garnished.
 - (b) Prepare a dish to show the use of carbon dioxide as a raising agent.
 - (c)
 - (i) Additives are added to many packaged foods. Name **six** different additives and state why they are used.
 - (ii) Discuss why food is often garnished or decorated.
 - (iii) Give practical reasons for your choice of dishes.
 - (iv) State the nutritional value of the dish chosen in (b).

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