
FOOD STUDIES

9336/02

Paper 2 Practical Test

October/November 2016

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 source of recipes and state the quantities of main basic ingredients on the Choices and Recipes 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 Preparation Session.

Make a Time Plan for the 2 hours 30 minutes 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 It is important to have a good supply of iron in the diet.
- (a) Prepare **four** dishes to illustrate this statement. Include sources of haem and non-haem iron.
 - (b) Prepare a skilful dish using herbs and/or spices.
 - (c) (i) State the difference between haem and non-haem iron, giving **two** food sources of each, and discuss why iron is needed by the body.
 - (ii) Vitamin C is needed for the absorption of iron. Discuss how the loss of vitamins can be kept to a minimum when preparing, cooking and serving foods.
 - (iii) Give practical reasons for your choice of dishes.
 - (iv) State the nutritional value of the dish chosen in (b).
- 2 Fats and oils have many uses in the preparation of dishes.
- (a) Using a selection of different fats and oils, prepare **four** dishes to illustrate this statement.
 - (b) Prepare a skilful dish using herbs and/or spices.
 - (c) (i) Give reasons why the body needs fat and essential fatty acids.
 - (ii) Explain the differences between saturated fatty acids and unsaturated fatty acids. Give an example of each type of fatty acid and state in which foods they can be found.
 - (iii) Give practical reasons for your choice of dishes.
 - (iv) State the nutritional value of the dish chosen in (b).
- 3 Food is subject to many changes both during preparation and cooking.
- (a) Prepare a selection of dishes to show **four** of the following changes:
aeration, caramelisation, coagulation, dextrinisation, emulsification, gelatinisation.
 - (b) Prepare a skilful dish using herbs and/or spices.
 - (c) (i) Discuss in detail the changes that you have chosen in (a).
 - (ii) In each case, give **one** example of a food which is affected by the change you have chosen.
 - (iii) Give practical reasons for your choice of dishes.
 - (iv) State the nutritional value of the dish chosen in (b).

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