



**Cambridge International Examinations**  
Cambridge International General Certificate of Secondary Education

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**FOOD AND NUTRITION**

**0648/02**

Paper 2 Practical Test

**01 March–30 April 2017**

**Planning Session: 1 hour 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.

Please see page 2.



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This document consists of **3** printed pages and **1** blank page.

**Planning Session: 1 hour 30 minutes**

When you know which of the tests is assigned to you, read it through carefully, then complete the Choices and Recipes Preparation Sheet (formerly Plan of Work), Time Plan and Shopping List as follows, using the Preparation Sheets provided.

- (i) On the Choices and Recipes Preparation Sheet, 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. List the dishes in the correct order to answer the question.
- (ii) Beside each of the dishes chosen, give the quantities of the main ingredients required. (A full recipe is **not** necessary.)
- (iii) Complete the Time Plan 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 Practical Test.
- (iv) Complete the Shopping List to show the total quantities of the ingredients required.

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 Session, 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 three Preparation Sheets. 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 Practical Test, your Preparation Sheets or any notes (other than your recipe books). You may **not** bring fresh notes to the Practical Test.

The Question Paper and one copy of your Preparation Sheets will be returned to you by the Practical Examiner at the beginning of the Practical Test. You will be expected to keep to your plan. At the end of the Practical Test, the Question Paper and Preparation Sheets must be handed to the Practical Examiner.

**Practical Test:** 2 hours 30 minutes

- 1 (a) Prepare, cook and serve a **two-course** main meal suitable for two teenagers.  
(b) Prepare a sweet dish and a savoury dish suitable for their packed lunch the following day.
- 2 (a) Prepare, cook and serve **three** main-course dishes, each of which uses **one** of the following cooking methods:  

baking, frying, stewing.

(b) Make a batch of decorated small cakes and a batch of scones.
- 3 (a) Prepare, cook and serve a **two-course** main meal for two diabetics.  
(b) Make a savoury dish that includes cheese and a cake made by the whisking method.
- 4 Prepare, cook and serve **five** skilful dishes that could be sold on the 'home-made' stall at a school fundraising event. At least **one** dish must be savoury.
- 5 (a) Prepare, cook and serve **three** skilful main-course dishes, each of which illustrates the use of the following staple foods:  

pasta, potatoes, rice.

(b) Make a dish that includes dried fruit and a dish that includes eggs.
- 6 (a) Prepare, cook and serve a **two-course** main meal for two vegetarians.  
(b) Make a dish that includes a roux sauce and a batch of biscuits or cookies.
- 7 Prepare, cook and serve **five** skilful dishes, each of which includes **one** of the following ingredients:  

a citrus fruit, cinnamon, lentils, minced (ground) beef, yeast.
- 8 (a) Prepare, cook and serve a **two-course** main meal for two friends who are trying to lose weight.  
(b) Make a sweet dish using shortcrust pastry and a dish using a batter.

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