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**FOOD AND NUTRITION**

**0648/02**

Paper 2 Practical Test

**01 September–31 October 2018**

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.



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

**Planning Session: 1 hour 30 minutes**

Write your **name**, **candidate number** and the **number of the test** assigned to you on your three Preparation Sheets.

1. Complete your Preparation Sheets as follows. The amounts you cook should be sufficient for two or three people. You may use recipe books.

(i) Write the names of the dishes you decide to make on the **Choices and Recipes** Preparation Sheet. Show clearly which dishes you have chosen to make for each part of the test. Do **not** copy out the test.

Give the quantities of **all** the ingredients required next to each of the dishes you have chosen. A full recipe is **not** necessary.

You are advised to choose dishes which are nutritionally balanced and need skill to make.

(ii) Complete the **Time Plan** to show:

- a clear sequence of work, including adequate timings
- the methods for each dish
- the oven temperature and cooking time for each dish
- the time you have allowed for cleaning and dish-washing
- the time you have allowed for serving.

(iii) Complete the **Shopping List** to show the total quantities of the ingredients required.

2. At the end of the Planning Session, give your question paper, Preparation Sheets and any notes you have made to the Supervisor. You may **not** take these away from the Planning Session. You may **not** bring any additional notes to the Practical Test.

3. At the beginning of the Practical Test, you will be given back your question paper, Preparation Sheets and any notes you made during the Planning Session.

**Practical Test:** 2 hours 30 minutes

For the purposes of the Practical Test, a **balanced** main meal must consist of:  
**two** skilful dishes plus a minimum of **two** suitable accompaniments.

- 1 (a) Prepare, cook and serve a **balanced** main meal for two vegetarian friends.  
(b) Make a batch of biscuits by the melting method, and **either** a batch of small cakes **or** a tray bake.
  
- 2 (a) Prepare, cook and serve **three** dishes. Each dish should demonstrate a **different** cooking method from the following list:  

baking, shallow frying, stewing

 (b) Make a savoury dish using pasta, and a dish using a roux sauce.
  
- 3 (a) Prepare, cook and serve **four** dishes that are suitable for athletes at a sports event. At least **two** of the dishes must be savoury.  
(b) Make a cake by the whisking method and decorate it.
  
- 4 (a) Prepare, cook and serve **three** dishes, each of which uses a **different** protein food from the following list:  

cheese, eggs, fish, meat, soya/tofu

 (b) Make a cake by the creaming method, and a batch of scones.
  
- 5 (a) Prepare, cook and serve a **balanced** main meal for two friends who are trying to lose weight.  
(b) Make **two** cold dishes which are suitable for a packed meal.
  
- 6 Prepare, cook and serve **five** dishes, each of which includes a **different** main ingredient from the following list:  

a root vegetable, chocolate, milk, pulses, rice
  
- 7 (a) Prepare, cook and serve a **balanced** main meal for two visitors.  
(b) Make **two** different baked dishes they could take home with them. At least **one** of the dishes must include yeast.
  
- 8 (a) Prepare, cook and serve **three** dishes, each of which shows the use of a **different** piece of equipment from the following list:  

grater, roasting tin, saucepan

 (b) Make a batch of savoury scones, and a cake that includes fruit.

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