
FOOD AND NUTRITION

6065/02

Paper 2 Practical Test

01 September–31 October 2016

Planning Session: **1 hour 30 minutes**

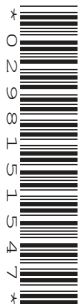
Practical Test: **2 hours 30 minutes**

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: 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 **three** main-course dishes that are high in protein. At least **one** of the dishes must contain a source of low biological value (LBV) protein.

(b) Make a batch of scones and a dish using **fresh** fruit.

- 2 Prepare, cook and serve **five** skilful dishes, each of which includes **one** of the following ingredients:

a fresh herb, a root vegetable, cocoa powder, golden syrup, rice.

- 3 (a) Prepare, cook and serve a **two-course** main meal for two friends using the top of the cooker only for cooking.

(b) Make a batch of biscuits or cookies and make a cake by the whisking method.

- 4 (a) Prepare, cook and serve a **two-course** main meal for two elderly relatives.

(b) Make a savoury dish using short-crust pastry and a dessert suitable for a vegan.

- 5 Prepare, cook and serve **five** skilful dishes that could be served at a celebration party for adults. At least **two** of the dishes must be savoury. The dishes must be served cold.

- 6 (a) Prepare, cook and serve a **two-course** main meal that includes fish.

(b) Make a dish that includes oats and a dish using yeast.

- 7 (a) Prepare, cook and serve a **two-course** main meal for two manual workers.

(b) Make a batch of decorated small cakes and a dish that includes a green vegetable.

- 8 Prepare, cook and serve **five** skilful dishes, each of which uses **one** of the following pieces of equipment:

frying pan, grater, lemon squeezer, rolling pin, sieve.

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