



October/November 2024

<https://xtremepape.rs/>

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 relatives who have type 2 diabetes.
(b) Make a cake using the whisking method **and** make a dish using potatoes.
- 2 (a) Prepare, cook and serve **three** skilful dishes, each showing the use of a different method of cooking from the following list:

deep-fat frying, steaming, stewing, grilling.
(b) Make a sweet dish to be served cold **and** make a batch of scones.
- 3 Prepare, cook and serve **five** skilful dishes to serve at a party for your teenage friends. Three of the dishes must be savoury and one of the dishes must be a cake made by the creaming method.
- 4 (a) Prepare, cook and serve a **balanced** main meal for two manual workers.
(b) Make **one** savoury dish and **one** sweet dish that the workers could take for a cold packed meal the next day.
- 5 (a) Prepare, cook and serve **three** skilful dishes that are suitable for vegetarians.
(b) Make a sweet dish using chocolate **and** make a batch of scones.
- 6 Prepare, cook and serve **five** skilful dishes, each showing the use of a different main ingredient from the following list:

a leafy vegetable, cheese, citrus fruit, nuts, red meat, soya, wholewheat flour.
- 7 (a) Prepare, cook and serve **three** skilful dishes, each showing the use of a different piece of equipment from the following list:

food processor, microwave, piping bag, saucepan, steamer.
(b) Make a dish using yeast **and** make a batch of biscuits.
- 8 (a) Prepare, cook and serve a **balanced** main meal that is rich in vitamin A.
(b) Make a dish using flaky pastry **and** make a dish using the melting method.

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