

CAMBRIDGE INTERNATIONAL EXAMINATIONS  
General Certificate of Education Ordinary Level

**FOOD AND NUTRITION**

**6065/02**

Paper 2 Practical Test

1 September–31 October 2003

Planning Session: **1 hour 30 minutes**

Practical Test: **2 hours 30 minutes**

Additional Materials: Carbonised 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 prepare a plan of work and a list of ingredients as follows, using the carbonised sheets.

- (i) 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.
- (ii) Beside the dishes chosen, give the quantities of the main ingredients required for each. (A full recipe is not necessary.)
- (iii) Make a list of the total quantities of the ingredients required.
- (iv) Complete the plan of work briefly 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 test period.

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, but frequent reference to them is to be avoided during the practical test.

Write your **name, index number** and the **number** of the test on your plan and list. Give them and any notes you may have made, with this question paper, to the Supervisor. You may not take away a copy of the test or of your plan or any notes (other than your recipe book) and you may not bring fresh notes to the practical test.

The question paper and one copy of the plan and list will be returned to you by the Examiner at the beginning of the practical test. You will be expected to keep to your plan. At the end of the examination, the question paper is to be handed to the Examiner. You may retain your plan and list.

- 1 (a) Prepare **three** dishes, **one** using tinned milk, **one** using dried milk and **one** using fresh milk.  
(b) Prepare the main meal for your family. **One** of the dishes from (a) must be included.
- 2 (a) Prepare **two** dishes each one using a different pulse.  
(b) Include **one** of these dishes in a two course meal in which you offer a choice of dessert.
- 3 (a) NSP (dietary fibre) is very important in a healthy diet. Prepare, cook and serve a main meal rich in fibre for yourself and a girlfriend.  
(b) Make a batch of scones and a jar of preserve to serve with them.
- 4 (a) Make a batch of **either** rough puff **or** flaky pastry. Use it to make **one** savoury and **one** sweet dish.  
(b) Make a two course meal using **one** of these dishes. Serve a drink.  
(c) Make a dish using the creaming method.
- 5 (a) Prepare, cook and serve a selection of sweet and savoury dishes which make use of the following equipment:
  - (i) a blender or liquidiser;
  - (ii) an electric or rotary whisk;
  - (iii) a pressure cooker;
  - (iv) a steamer.  
(b) Serve **one** of these dishes with an accompaniment. Make a drink.
- 6 (a) Prepare **three** fish dishes to show **three** different methods of cooking.  
(b) Prepare, cook and serve a meal for two people using **one** of these dishes.
- 7 Prepare, cook and serve a selection of sweet and savoury dishes suitable for serving at a school sale of work.
- 8 (a) Prepare, cook and serve a two course meal which contains a good supply of vitamin A and which gives a choice of dessert.  
(b) Make some biscuits by the melting method.

