FOOD AND NUTRITION
Paper 2 Practical Test

Additional Materials: Preparation Sheets

READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.
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:

- one skilfully made main-course dish
- one skilfully made starter or one skilfully made dessert
- two suitable accompaniments.

1 (a) Prepare, cook and serve a balanced main meal for two elderly relatives.

(b) Make a dish using eggs, and a dish using shortcrust pastry.

2 (a) Prepare, cook and serve three dishes suitable for a packed meal for two construction workers.

(b) Make a hot dish using pasta, and a cold dessert using chocolate.

3 (a) Prepare, cook and serve three savoury vegetarian dishes suitable for a party.

(b) Make a batch of biscuits by the melting method, and a decorated cake for the party.

4 Prepare, cook and serve five dishes, each of which uses one of the following as a main ingredient.

- cheese, dried fruit, fish, lentils, rice

5 (a) Prepare, cook and serve three dishes using the top of the cooker only.

(b) Make a cake by the creaming method, and a batch of scones.

6 Prepare, cook and serve five dishes, each of which uses one of the following pieces of equipment.

- blender, frying pan, piping bag, pressure cooker, rolling pin, vegetable peeler, whisk

7 (a) Prepare, cook and serve a balanced main meal for two friends who have coeliac disease.

(b) Make a batch of biscuits or cookies, and a savoury dish using a batter mixture.

8 Prepare, cook and serve five dishes suitable for a buffet lunch for your teachers. At least two of the dishes must be savoury.