READ THESE INSTRUCTIONS FIRST

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