Cambridge Assessment International Education

Cambridge IGCSE™

FOOD & NUTRITION **0648/02**

Paper 2 Practical Test **May/June 2021**

1043130187

You will need: Preparation sheets

INSTRUCTIONS

- Answer **one** question. You will be told which question to answer.
- Write your name, centre number and candidate number on all the work you hand in.
- See page 2 for full instructions.
- You have **1 hour 30 minutes** for planning.
- You have **2 hours 30 minutes** for the practical test.
- You may use a calculator.

INFORMATION

- The total mark for this paper is 100.
- All questions are worth equal marks.

This document has **4** pages. Any blank pages are indicated.

DC (DH) 212528/2
© UCLES 2021

[Turn over

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.

4. You are only required to make **four** dishes.

© UCLES 2021

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 **three** skilful dishes, each to show the use of a different convenience food from the following list:

canned pulses, dried fruit, frozen vegetables, puff pastry, tinned fish.

(b) Make a cake using the whisking method **OR** make a batch of biscuits.

2 **(a)** Prepare, cook and serve a **balanced** main meal for two relatives who **cannot** eat dairy products.

(b) Make a dish using cheese **OR** make a cake using the creaming method.

3 Prepare, cook and serve **four** skilful dishes, each to show a different use of eggs from the following list:

aerating, binding, coating, emulsifying, garnishing, glazing, thickening.

At least two of the dishes must be savoury.

4 **(a)** Prepare, cook and serve a **balanced** main meal for two office workers.

(b) Make a dish using a herb **OR** a dish using chocolate.

5 **(a)** Prepare, cook and serve **two** skilful dishes, each to show the use of a different spice.

(b) Make a dish using pasta **AND** make a batch of small cakes or a tray bake.

6 **(a)** Prepare, cook and serve a **balanced** main meal for two children who are five years old.

(b) Make a savoury dish using shortcrust pastry **OR** make some biscuits using the melting method.

7 **(a)** Prepare, cook and serve **two** skilful dishes, each using a different root vegetable as a main ingredient.

(b) Make a sweet dish using the whisking method **AND** make a batch of scones.

8 **(a)** Prepare, cook and serve **three** skilful savoury dishes to be served cold at a buffet for your friend's birthday party. Dishes at the cold buffet should be suitable for eating without cutlery.

(b) Make a decorated birthday cake for your friend.

© UCLES 2021

BLANK PAGE

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced online in the Cambridge Assessment International Education Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download at www.cambridgeinternational.org after the live examination series.

Cambridge Assessment International Education is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of the University of Cambridge Local Examinations Syndicate (UCLES), which itself is a department of the University of Cambridge.

© UCLES 2021