Cambridge Assessment International Education

Cambridge IGCSE™

FOOD & NUTRITION **0648/02**

Paper 2 Practical Test **October/November 2021**

4377921196

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.

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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.

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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 suitable for vegans.

(b) Make a cake using the whisking method and make a batch of scones.

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

(b) Make a savoury dish using pastry and make a cake using the creaming method.

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

frying pan, grater, rolling pin, sieve, whisk, wooden spoon.

4 **(a)** Prepare, cook and serve a **balanced** main meal to celebrate a traditional festival.

(b) Make a savoury dish using a green vegetable and make some biscuits using the rubbing-in method.

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

(b) Make a dish using a local fruit and make a batch of small cakes or a tray bake.

6 **(a)** Prepare, cook and serve a **balanced** main meal for two female neighbours who have both recently given birth and are lactating.

(b) Make a dish using rough puff pastry and make a batch of biscuits.

7 **(a)** Prepare, cook and serve **three** skilful dishes that are high in non-starch polysaccharide (NSP) / dietary fibre.

(b) Make a sweet dish using a pouring batter and make a batch of savoury scones.

8 **(a)** Prepare, cook and serve a **balanced** main meal for two athletes at your school.

(b) Make and decorate a celebration cake and make a dish using oats.

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