Cambridge Assessment International Education

Cambridge IGCSE™

FOOD & NUTRITION **0648/02**

Paper 2 Practical Test **October/November 2023**

0345809127

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 a **balanced** main meal for two relatives who have type 2 diabetes.

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

2 Prepare, cook and serve **five** skilful dishes, suitable for serving at a party for elderly relatives. At least three dishes must be suitable for serving cold. A balance of savoury and sweet dishes should be served.

3 **(a)** Prepare, cook and serve a **balanced** main meal that is high in non-starch polysaccharide (NSP) / dietary fibre.

(b) Make a dish using an electric whisk **and** make a batch of biscuits using the creaming method.

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

(b) Make a dish using pulses **and** make a hot dessert using fresh fruit.

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

baking tray, balloon whisk, blender, casserole dish, piping bag, rolling pin, saucepan.

6 **(a)** Prepare, cook and serve a **balanced** main meal for two teenage girls.

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

7 **(a)** Prepare, cook and serve **three** skilful savoury dishes each to show the use of a different herb or spice.

(b) Make a dish using rough puff pastry **and** make some small cakes or a tray bake.

8 **(a)** Prepare, cook and serve a **balanced** main meal for two vegan friends.

(b) Make a dish using yeast **and** make a dish using chocolate.

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