Cambridge Assessment International Education

Cambridge IGCSE™

FOOD & NUTRITION **0648/02**

Paper 2 Practical Test **October/November 2024**

9803614548

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.

© UCLES 2024

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.

© UCLES 2024

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 whisking method **and** make a dish using potatoes.

2 **(a)** Prepare, cook and serve **three** skilful dishes, each showing the use of a different method of cooking from the following list:

deep-fat frying, steaming, stewing, grilling.

(b) Make a sweet dish to be served cold **and** make a batch of scones.

3 Prepare, cook and serve **five** skilful dishes to serve at a party for your teenage friends. Three of the dishes must be savoury and one of the dishes must be a cake made by the creaming method.

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

(b) Make **one** savoury dish and **one** sweet dish that the workers could take for a cold packed meal the next day.

5 **(a)** Prepare, cook and serve **three** skilful dishes that are suitable for vegetarians.

(b) Make a sweet dish using chocolate **and** make a batch of scones.

6 Prepare, cook and serve **five** skilful dishes, each showing the use of a different main ingredient from the following list:

a leafy vegetable, cheese, citrus fruit, nuts, red meat, soya, wholewheat flour.

7 **(a)** Prepare, cook and serve **three** skilful dishes, each showing the use of a different piece of equipment from the following list:

food processor, microwave, piping bag, saucepan, steamer.

(b) Make a dish using yeast **and** make a batch of biscuits.

8 **(a)** Prepare, cook and serve a **balanced** main meal that is rich in vitamin A.

(b) Make a dish using flaky pastry **and** make a dish using the melting method.

© UCLES 2024

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 Cambridge Assessment. Cambridge Assessment is the brand name of the University of Cambridge Local Examinations Syndicate (UCLES), which is a department of the University of Cambridge.

© UCLES 2024