Cambridge Assessment International Education

Cambridge IGCSE™

FOOD & NUTRITION **0648/02**

Paper 2 Practical Test **October/November 2025**

8290278196

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 for two 10-year-olds to take to school as a cold packed meal to be eaten without cutlery. Two of the dishes must be savoury.

(b) Make a hot savoury dish **and** make a batch of scones.

2 **(a)** Prepare, cook and serve a **balanced** main meal that is high in iron and vitamin C.

(b) Make a dish using shortcrust pastry **and** make a batch of small cakes.

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

cheese, citrus fruit, ground (minced) beef, lentils, oats, rice, yeast.

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

(b) Make a cake using the whisking method **and** make a batch of savoury muffins.

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

boiling, grilling, pressure cooking, shallow frying, steaming.

(b) Make a batch of biscuits.

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

(b) Make a dish using a pouring batter **and** make a cake using the creaming method.

7 **(a)** Prepare, cook and serve **three** skilful dishes using the hob and/or the grill of the cooker **only**.

(b) Make one savoury dish **and** one sweet dish, both of which should be baked in the oven.

8 **(a)** Prepare, cook and serve **three** skilful dishes, each showing the use of a different vegetable as a main ingredient.

(b) Make a cold dessert using fruit **and** make a batch of biscuits using the melting method.

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