



EXAMINATIONS COUNCIL OF SWAZILAND
in collaboration with
UNIVERSITY OF CAMBRIDGE LOCAL EXAMINATIONS SYNDICATE
Swaziland General Certificate of Secondary Education

FOOD AND NUTRITION

6905/02

Paper 2 Practical Examination

01 September – 31 October 2011

Planning Session: 1 hour 30 minutes
Practical Session: 2 hours 30 minutes

Additional Materials: Carbonised paper

READ THESE INSTRUCTIONS FIRST

Please see page 2



This document consists of **4** printed pages.

Planning Session: 1 hour 30 minutes

When you know which of the tests is assigned to you, read through it carefully; then prepare a plan of work and a list of ingredients as follows, using the carbonised sheets.

- (i) Write down the dishes that you decide to make. (Try to choose familiar but interesting dishes which give you scope to show your skill.) Do not copy out the test.
- (ii) Besides the dishes chosen, give the quantities of the main ingredients required for each. (A full recipe is not necessary.)
- (iii) Complete the plan of work briefly to show the order of working, the methods used, and the length of time required for cooking each dish. Frozen, tinned and packaged foods (i.e. 'convenience' foods) may be used with discretion, but enough work must be planned to show skill and to occupy the whole of the test period.
- (iv) Make a list of the total quantities of the ingredients required.

The amounts cooked should be sufficient for two people, but this may be governed by the requirements of each particular test. Recipe books may be used during the planning, but frequent reference to them is to be avoided during the practical examination.

Write your **name**, **candidate number** and the **test number** on all planning sheets. Hand in all your work plans to the Supervisor. You must not bring fresh notes to the practical examination.

The duplicate of the plan of work, time plan and shopping list will be returned to you by the Examiner at the beginning of the practical examination. You are expected to keep to your plan of work.

Practical Tests**Test 1**

- (a) Using cheese as the main protein food, prepare:
- (i) main course dish
 - (ii) snack
 - (iii) finger savouries
- (b) Using **one** of these dishes, prepare a **two**-course light supper for **two** friends who are lacto-vegetarians. Include a drink.

Test 2

- (a) Demonstrate your culinary skills by preparing, cooking and serving **three** dishes, each illustrating **one** of the following methods of cooking:
- (i) boiling
 - (ii) steaming
 - (iii) grilling
- (b) Include **one** of the dishes from (a) in a main meal for **two** teenage girls.

Test 3

- (a) Prepare, cook and serve a **two**-course main meal for a diabetic person.
- (b) Make a batch of scones using the rubbing in method and a cake using the whisking method.

Test 4

- (a) Prepare, cook and serve supper for **two** manual workers. Include a choice of desserts and make a drink.
- (b) Make a cake using the creaming method.

Test 5

- (a) Prepare, cook and serve **three** dishes which make use of each of the following equipment:
- (i) whisk
 - (ii) cake tin
 - (iii) deep frying pan
- (b) Include **one** of the dishes from (a) in a main meal for a family of **three**.

Test 6

- (a) Make **three** items using **three** different types of flour.
- (b) Using **one** of these dishes prepare, cook and serve a **two**-course evening meal for your grand-parents.

Test 7

- (a) Using your culinary skills prepare, cook and serve a packed meal for your aunt who is going on a trip. Make a drink.
- (b) Make **one** sweet and **one** savoury dish using a batch of short crust pastry.

Test 8

- (a) Make **three** dishes, each using one of the following:
 - (i) roux
 - (ii) coating batter
 - (iii) marinade
- (b) Include **one** of these dishes in a midday meal for you and your friend.

Test 9

- (a) Prepare, cook and serve a **two**-course main meal rich in fibre for yourself and your mother. Serve a drink.
- (b) Bake a fatless sponge cake and a batch of melted biscuits.

Test 10

- (a) Make **three** dishes, each to show the use of a different type of fat in cooking.
- (b) Include **one** of these dishes in a **two**-course midday meal suitable for a five-year-old child who does not eat meat or fish.