

EXAMINATIONS COUNCIL OF ZAMBIA

Examination for General Certificate of Education Ordinary Level

Food and Nutrition

6065/2

Paper 2 Practical Test

Thursday

28 JULY 2016

Additional materials:

Carbonised sheets

Time: 1 hour 30 minutes (Planning Session)

2 hour 30 minutes (Practical Test)

Instructions to candidates

Planning Session: One hour, thirty minutes

- 1** Study the test assigned to you carefully.
- 2** Write your name, Examination number and the number of the test on your Plan and List.
- 3** Prepare a plan of work and a list of ingredients as follows:

Using the carbonized sheet,

- (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)** For each dish chosen, give the quantities of the main ingredients required for each. (A full recipe is not necessary).
 - (iii)** Make a list of the total quantities of the ingredients required.
 - (iv)** Complete the plan of work briefly to show the order of working, the methods to be 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.
- 4** The amounts cooked should be sufficient for two or three people, but this may be governed by the requirements of each particular test.
 - 5** Use recipe books during the planning session only.
 - 6** At the end of the planning for the Examination, give your Plans, List and any notes you may have made, with this question paper, to the Supervisor.
 - 7** You are expected to keep to your plan during the Practical Examination.
 - 8** **Cell phones are not allowed in the examination room.**

- 1 (a) Plan and cook a **two** course meal that uses at least four different methods of cooking.
(b) Make a drink using any fruits in season.
- 2 Your mother is recovering from an illness.
(a) Prepare an attractive **two** course meal and set a tray for her.
(b) Include a suitable drink.
- 3 Traditional meals can be very interesting and nutritious.
(a) Prepare three attractive dishes using Village chicken, Game meat and Dry fish. Using one of the dishes, prepare a meal with suitable accompaniments for you and two of your friends.
(b) Prepare a traditional drink.
- 4 Prepare, cook and serve the following:-
(a) Any nourishing soup.
(b) Macaroni cheese and suitable accompaniments.
(c) A sponge cake.
- 5 You are asked to demonstrate your expertise in Home Economics to a Community based Women's club. Prepare, cook and serve:-
(a) A steamed pudding serve with a sauce.
(b) A savoury flan for a lacto-vegetarian and serve it with a salad and dressing.
(c) Any nourishing soup (using convenience soup).
(d) Yeast made bread rolls using 500g flour.
- 6 (a) Plan and cook **four** dishes that demonstrate how air is trapped and used to make flour mixtures rise.
(b) Make afternoon tea and use **one** of the dishes as an accompaniment.
- 7 Garnishing and decorating can add both colour and flavour to dishes.
(a) Demonstrate these skills by preparing **two (2)** savoury and **two (2)** sweet dishes.
(b) Use **one** of these dishes as part of a main meal for a family that enjoys fresh vegetables in their diet.
- 8 Your father is a vegan.
(a) Prepare a mixed meal (Balanced) for him.
(b) Prepare **one** extra dish that will be enjoyed by non vegans and a dessert that will be enjoyed by both.

- 9 (a) Prepare, cook and serve **three** different dishes to demonstrate the following uses of eggs in cooking.
- (i) as a glaze
 - (ii) as a raising agent
 - (iii) as a garnish
- (b) Use **one** of these dishes as part of the main evening meal for **three** adults. Include a fresh fruit drink.
- 10 (a) Using a Hob only, prepare, cook and serve an attractive two-course meal for your uncle and his wife who are visiting for a day.
- (b) Make some biscuits and show how to pack them for storage. Make them a hot beverage.