

EXAMINATIONS COUNCIL OF ZAMBIA

Examination for General Certificate of Education Ordinary Level

Food and Nutrition

6065/2

Paper 2 Practical Test

Tuesday

11 JULY 2017

Time: 1 hour 30 minutes (Planning Session)
3 hours (Practical Test)

Instructions to candidates

Planning Session: 1 hour, 30 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, tined 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** Vitamin C is easily lost during preparation and cooking of food.
 - (a)** Prepare, cook and serve a selection of fruit and vegetable dishes. (At least two dishes from each)
 - (b)** Include **two** dishes from **(a)** to make an evening meal.
 - (c)** Make a suitable drink.

- 2** Meat is rich in proteins.
 - (a)** Select **two** cuts of meat. For each cut, prepare a dish using a moist method of cooking.
 - (b)** Using **one** of these dishes in **(a)** prepare, cook and serve a two course meal for your two uncles who are visiting.

- 3** You have invited three friends for an evening dinner party.
 - (a)** Prepare, cook and serve **four** dishes suitable for the occasion.
 - (b)** Include **one** pastry dish.
 - (c)** Make coffee.

- 4** It is open day at your school and you will display at the Food and Nutrition stand.
 - (a)** Show the skill you have learnt in preparing the following:
 - (i)** Victoria Sandwich cake
 - (ii)** Sausage rolls
 - (iii)** Jam tarts
 - (iv)** Scotch eggs.
 - (b)** Prepare and make a drink.
 - (c)** Price the foods and decorate the stand.

- 5** Convenience foods are processed foods that are usually partly or totally prepared.
 - (a)** Prepare **two** dishes using canned foods.
 - (b)** Using one of the dishes in **(a)**, prepare a two course meal.
 - (c)** Prepare a cold drink.

- 6** Breakfast is an important meal.
 - (a)** Prepare, cook and serve a substantial breakfast for your two visitors.
 - (b)** Prepare savoury biscuits and plain scones for the afternoon snack.
 - (c)** Set a tray for the afternoon tea.

- 7** Your grandmother has been complaining of constipation.
- (a)** Prepare, cook and serve a three course midday meal rich in fibre.
 - (b)** Prepare and serve a nourishing drink for both of you.
 - (c)** Make an attractive flower arrangement.
- 8** You are appreciating your parents.
- (a)** Prepare, cook and serve a selection of local foods (at least 5).
 - (b)** Make and serve a non-alcoholic traditional beverage.
- 9** Electricity has become expensive in Zambia.
- (a)** Prepare, cook and serve a meal using a brazier only.
 - (b)** Prepare a dessert to be served with the main meal.
 - (c)** Prepare a nourishing drink.
- 10** **(a)** Show that you understand the following processes by preparing, cooking and serving different dishes on each.
- (i)** Glazing
 - (ii)** Stewing
 - (iii)** Boiling
- (b)** Use any **two** of the dishes from **(a)** to complete a main meal.
- (c)** Include a drink.

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