



EXAMINATIONS COUNCIL OF ESWATINI
Eswatini General Certificate of Secondary Education

FOOD AND NUTRITION

6905/02

Paper 2 Practical Examination

September/October 2020

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

Additional Materials: Carbonised paper

READ THE INSTRUCTIONS FIRST

Please see page 2

This document consists of **3** printed pages and **1** blank page.

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) Beside 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 should 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) Prepare, cook and serve a **two-course** meal for **two** toddlers. One of the dishes should include a sauce.
- (b) Make a pastry dish which includes fruits and a drink.

Test 2

- (a) Select a **solid** fat and **liquid** fat and demonstrate your culinary skills by making **two** dishes one to illustrate the use of each fat.
- (b) Include **one** of the dishes from (a) in a **two-course** evening meal for a health conscious couple returning from work.

Test 3

- (a) Prepare, cook and serve **two** sweet and **two** savoury dishes suitable for a friend's birthday party.
- (b) Prepare a simple snack and a drink which could be served later in the day.

Test 4

- (a) Prepare **three** dishes to demonstrate skill in using each of the following pieces of equipment:
 - (i) Electric mixer
 - (ii) Rolling pin
 - (iii) Steamer
- (b) Choose **one** of the dishes from (a) to prepare a **two-course** meal for **two** adults who are trying to lose weight.

Test 5

- (a) Prepare, cook and serve an attractive **two-course** meal for your brother and his friend who are lacto-vegetarians.
- (b) Prepare a batch of scones and a fruit drink.

BLANK PAGE