



EXAMINATIONS COUNCIL OF ESWATINI
Eswatini General Certificate of Secondary Education

FOOD AND NUTRITION

6905/02

Paper 2 Practical Examination

September/October 2022

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 test 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 is to be avoided during the practical examination.

- (v) 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.
- (vi) 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.
- (vii) After completing the Practical, you will be expected to compile a well-presented portfolio with the following contents:
 - (a) Cover page with personal details, i.e. (candidate name, candidate number and test number).
 - (b) It should consist of: (i) table of contents (ii) Declaration forms (iii) individual candidate mark sheet with marks for the practical and (iv) one (1) coloured photo – (enlarged if possible) that clearly shows your well-labelled displayed finished dishes.

Note: a two course meal refers to a meal with two main dishes and accompaniments

Practical Tests

1. (a) Prepare, cook and serve a **two-course** mid-day meal for an office worker who is anaemic.
(b) Prepare a batch of **sweet** scones and a batch of **savoury** scones.

2. (a) Prepare, cook and serve a **two-course** meal suitable for a pregnant woman who is constipated.
(b) Bake a cake using the creaming method and decorate it using icing.

3. (a) Prepare, cook and serve **three** dishes, each using a different ingredient from the following list:
 - (i) Baking powder
 - (ii) Yeast
 - (iii) Bicarbonate of soda
(b) Include **one** of the dishes from (a) in a **two-course** meal for your family.

4. (a) Prepare, cook and serve **three** dishes, each using a different piece of equipment from the following list:
 - (i) Casserole dish
 - (ii) Steaming bowl
 - (iii) Deep frying pan
(b) Include **one** of the dishes from (a) in a **two-course** meal for two teenage boys.

5. (a) Prepare, cook and serve **three** dishes using frozen fish that each illustrate a different method of cooking.
(b) Include **one** of the dishes from (a) in a **two-course** meal for a couple.

