



EXAMINATIONS COUNCIL OF ESWATINI
Eswatini General Certificate of Secondary Education

FOOD AND NUTRITION

6905/02

Paper 2 Practical Examination

September/October 2021

SPECIMEN

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 **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 file with the following contents:
 - (a) Cover page with your personal details, i.e. (candidate name, candidate number and test number).
 - (b) It should consist of: (i) table of contents. (ii) Declaration forms (iii) the 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 meal** for your sister who is trying to lose weight, include a nourishing beverage.
(b) Make a whisked sponge cake for tea.
2. (a) Demonstrate your culinary skills by cooking **two** dishes, each to illustrate one of the following:
 - (i) Simmering
 - (ii) Baking-blind(b) Prepare, cook and serve a **two-course meal** which includes one of the dishes from (a).
3. (a) Prepare, cook and serve **two** dishes:
 - (i) a **sweet** dish using yeast and
 - (ii) a **savoury** dish using air as a raising agent.(b) Using **one** of the dishes in (a), prepare a **two-course meal** to eat at lunchtime with your friends.
4. (a) Prepare, cook and serve a **two-course meal** for a lacto vegetarian, include a drink of your choice.
(b) Make and decorate a cake using the creaming method.
5. (a) Prepare, cook and serve a **two-course meal** to include traditional foods.
(b) Make biscuits using the rubbing-in method and a refreshing drink.

BLANK PAGE

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (ECESWA) to trace copyright holders, but if any terms requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.