



EXAMINATIONS COUNCIL OF ESWATINI
Eswatini General Certificate of Secondary Education

FOOD AND NUTRITION

6905/02

Paper 2 Practical Examination

October/November 2024

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, a time plan and a shopping list as follows, using the carbonised sheets.

- (i) Write down the dishes that you decide to prepare. (Try to choose familiar but interesting dishes which give you scope to show your skill.) Do not copy out the test.
- (ii) Besides 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 **one** person, but this may be determined by the requirements of each 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) a table of contents (ii) declaration forms (iii) the individual candidate mark sheet with marks for the practicals and (iv) one (1) coloured photo (enlarged if possible) that clearly shows your well-labelled displayed finished dishes.

Practical Test**TEST 1**

- (a) Prepare, cook and serve a **two-course** meal for two women who are suffering from osteoporosis.
- (b) Bake biscuits using the creaming method.

TEST 2

- (a) Prepare, cook and serve **two** dishes, each using the following pieces of equipment:
 - (i) Casserole Dish
 - (ii) Steamer
- (b) Include **one** of the dishes from (a) to prepare, cook and serve a **two-course** midday meal for two diabetic adults.

TEST 3

- (a) Prepare, cook and serve **two** dishes, each to illustrate the use of the following ingredients:
 - (i) Lentils
 - (ii) Self-raising flour
- (b) Include **one** of the dishes from (a) to prepare, cook and serve a **two-course** midday meal for two elderly people.

TEST 4

- (a) Prepare, cook and serve **two** dishes, each to demonstrate **one** of the following processes:
 - (i) Coagulation
 - (ii) Dextrinization
- (b) Include **one** of the dishes from (a) to prepare, cook and serve a **two-course** packed meal for two manual workers.

TEST 5

- (a) Prepare cook and serve a **two-course** evening meal for two teenage girls on a weight-reducing diet.
- (b) Make a cake using the rubbing-in method and decorate it.

