



EXAMINATIONS COUNCIL OF ESWATINI
Eswatini General Certificate of Secondary Education

FOOD AND NUTRITION

6905/02

Paper 2 Practical Examination

September/October 2019

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 test is assigned to you, read through it carefully; and 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) Show your skill in the use of **nuts** by preparing **three** different dishes, to include at least **one** sweet and **one** savoury dish.
- (b) Prepare, cook and serve a **two-course** meal for a strict vegetarian. Include **one** of the dishes from (a) in the meal.

Test 2

- (a) Your school is having a Consumer Science display day. Prepare **three** dishes, each using a different one of the following:
 - (i) Yeast
 - (ii) Pasta
 - (iii) Self-raising flour
- (b) Prepare, cook and serve a **two-course** light lunch for yourself and a friend. Include **one** of the dishes from (a) in the meal.

Test 3

- (a) Your sister is turning 3 years old. Prepare, cook and serve a **two-course** meal rich in calcium for the family to celebrate her birthday party.
- (b) Bake and decorate a birthday cake and include **two** drinks.

Test 4

- (a) Show your skill in the use of different types of fats and oils by preparing **three** different dishes, to include at least **one** sweet and **one** savoury dish.
- (b) Prepare, cook and serve a **two-course** meal for some visitors. Include **one** of the dishes from (a) in the meal.

Test 5

- (a) Make a **batch** of short-crust pastry and use it to prepare **three** different dishes, to include at least **one** sweet and **one** savoury dish.
- (b) Prepare cook and serve a **two-course** midday meal for a teenage girl. Include **one** of the dishes from (a) in the meal.

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