



EXAMINATIONS COUNCIL OF SWAZILAND
Swaziland General Certificate of Secondary Education

FOOD AND NUTRITION

6905/02

Paper 2 Practical Examination

September/October 2018

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 it through 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.

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 Assessor 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 **three** dishes that use the following:
- (i) Fresh fruits
 - (ii) Canned fruits
 - (iii) Dried fruits
- (b) Include **one** of these dishes in a **two**-course midday meal for your family.

Test 2

- (a) Prepare, cook and serve a **two**-course meal for a lactating mother that includes the use of low biological value protein.
- (b) Make **one** savoury dish using short crust pastry and a refreshing drink.

Test 3

- (a) Prepare, cook and serve **three** dishes to show skill in the use of the following foods:
- (i) Frozen fish
 - (ii) Dehydrated vegetables
 - (iii) Margarine
- (b) Use **one** of these dishes as part of a **two**-course main meal for two visiting friends.

Test 4

- (a) Using traditional foods, prepare, cook and serve **three** dishes suitable for a *lobola* ceremony.
- (b) Prepare a **choice** of desserts and a drink.

Test 5

- (a) Two teenage girls are on a weight-reducing diet. Prepare, cook and serve a **two**-course midday meal they will share.
- (b) Make a cake using the creaming method and decorate it.

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