

Planning Session: 1 hour 30 minutes

Write your **name**, **candidate number** and the **number of the test** assigned to you on your three preparation sheets.

1. Complete your preparation sheets as follows. The amounts you cook should be sufficient for two or three people. You may use recipe books.

(i) Write the names of the dishes you decide to make on the **Choices and Recipes** preparation sheet. Show clearly which dishes you have chosen to make for each part of the test. Do **not** copy out the test.

Give the quantities of **all** the ingredients required next to each of the dishes you have chosen. A full recipe is **not** necessary.

You are advised to choose dishes which are nutritionally balanced and need skill to make.

(ii) Complete the **Time Plan** to show:

- a clear sequence of work, including adequate timings
- the methods for each dish
- the oven temperature and cooking time for each dish
- the time you have allowed for cleaning and dish-washing
- the time you have allowed for serving.

(iii) Complete the **Shopping List** to show the total quantities of the ingredients required.

2. At the end of the Planning Session, give your question paper, preparation sheets and any notes you have made to the Supervisor. You may **not** take these away from the Planning Session. You may **not** bring any additional notes to the Practical Test.

3. At the beginning of the Practical Test, you will be given back your question paper, preparation sheets and any notes you made during the Planning Session.

Practical Test: 2 hours 30 minutes

For the purposes of the Practical Test, a **balanced** main meal must consist of:
TWO skilful dishes plus a minimum of **TWO** suitable accompaniments.

- 1 (a) Prepare, cook and serve a **balanced** main meal for two young children.
(b) Make **two** dishes suitable for a packed meal for these children.
- 2 Prepare, cook and serve **five** dishes that would be suitable for a family party. One of the dishes should be a decorated cake.
- 3 (a) Prepare, cook and serve a **balanced** main meal for two relatives who have coeliac disease.
(b) Make a savoury dish using a herb of your choice and a cake by the creaming method.
- 4 (a) Prepare, cook and serve a **balanced** main meal using cheese as a main ingredient in one of the dishes.
(b) Make a batch of scones and a batch of small cakes.
- 5 (a) Prepare, cook and serve a **balanced** main meal for two manual workers.
(b) Make a dish using milk and a dish using a local fruit.
- 6 (a) Prepare, cook and serve **three** skilful dishes, each to show the use of a **different** ingredient from the following list:

a green leafy vegetable, a herb, milk, potato, wheat flour.

(b) Make a cold dessert using eggs and a batch of biscuits using the melting method.
- 7 (a) Prepare, cook and serve **three** skilful dishes, each to show the use of a **different** piece of equipment from the following list:

electric mixer, food processor, frying pan, vegetable peeler, wooden spoon.

(b) Make a savoury dish using pastry and a decorated cake.
- 8 (a) Prepare, cook and serve **three** skilful dishes, each of which shows a **different** cooking method.
(b) Make a dish using pulses and a sweet dish using the whisking method.

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