

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:

- **one** skilfully made main-course dish
- **one** skilfully made starter or **one** skilfully made dessert
- **two** suitable accompaniments.

- 1 (a) Prepare, cook and serve a **balanced** main meal for two elderly relatives.
(b) Make a dish using eggs, and a dish using shortcrust pastry.
- 2 (a) Prepare, cook and serve **three** dishes suitable for a packed meal for two construction workers.
(b) Make a hot dish using pasta, and a cold dessert using chocolate.
- 3 (a) Prepare, cook and serve **three** savoury vegetarian dishes suitable for a party.
(b) Make a batch of biscuits by the melting method, and a decorated cake for the party.
- 4 Prepare, cook and serve **five** dishes, each of which uses **one** of the following as a **main** ingredient.
cheese, dried fruit, fish, lentils, rice
- 5 (a) Prepare, cook and serve **three** dishes using the top of the cooker only.
(b) Make a cake by the creaming method, and a batch of scones.
- 6 Prepare, cook and serve **five** dishes, each of which uses **one** of the following pieces of equipment.
blender, frying pan, piping bag, pressure cooker, rolling pin, vegetable peeler, whisk
- 7 (a) Prepare, cook and serve a **balanced** main meal for two friends who have coeliac disease.
(b) Make a batch of biscuits or cookies, and a savoury dish using a batter mixture.
- 8 Prepare, cook and serve **five** dishes suitable for a buffet lunch for your teachers. At least **two** of the dishes must be savoury.

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