EXAMINATIONS COUNCIL OF ZAMBIA

Examination for School Certificate Ordinary Level

Food and Nutrition  6065/2
Paper 2  Practical Test

Additional Material(s):
Carbonised sheets

Time:  1 hour 30 minutes  (Planning Session)
3 hours  (Practical Test)

Instructions to candidates

Planning Session:  1 hour, 30 minutes
1 Study the test assigned to you carefully.
2 Write your name, Examination number and the number of the test on your Plan and List.
3 Prepare a plan of work and a list of ingredients as follows:

Using the carbonized sheet,

(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) For each dish chosen, give the quantities of the main ingredients required for each. (A full recipe is not necessary).
(iii) Make a list of the total quantities of the ingredients required.
(iv) Complete the plan of work briefly to show the order of working, the methods to be 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.

4 The amounts cooked should be sufficient for two or three people, but this may be governed by the requirements of each particular test.
5 Use recipe books during the planning session only.
6 At the end of the planning for the Examination, give your Plans, List and any notes you may have made with this question paper to the Supervisor.
7 You are expected to keep to your plan during the Practical Examination.
8 Cell phones are not allowed in the examination room.
1. Most workers have their meals away from home.
   (a) Prepare, cook and pack a meal for a manual worker.
   (b) Make a cake using creaming method and decorate it for afternoon tea.

2. Two young students have been advised to include more fibre in their diet.
   (a) Prepare, cook and serve a main evening meal.
   (b) Prepare a fruit salad with a suitable sauce as part of the meal.
   (c) Make a refreshing drink.

3. Raising agents are important in flour mixtures.
   (a) Prepare, cook and serve three different dishes using three different raising agents, which will produce carbon dioxide as a raising agent.
   (b) Using one of these dishes add extra dishes to make a balanced meal for three adults.

4. Kitchen equipment is important in the preparation of food.
   (a) Using the following utensils, prepare a selection of dishes.
      (i) Piping bag
      (ii) Baking tray/sheet
      (iii) A vegetable peeler
      (iv) Casserole
   (b) Make a vegetable salad and a drink.

5. Three elders are coming to pay bride price for your elder sister who is getting married.
   (a) Prepare a selection of traditional dishes to serve when they come (at least 5 dishes).
   (b) Prepare a drink to exhibit your tradition.

6. Herbs and spices have been used to flavour foods.
   (a) Make three dishes, to show three different uses of herbs and spices.
   (b) Use one or more of these individually prepared dishes along with other foods to make a three course meal for your sister and yourself to enjoy at mid-day.
Eggs have many uses in cookery.

(a) Prepare three different dishes to illustrate some of the uses.

(b) Add other dishes to make a two course meal.

The Home Economics Association of Zambia has a stand at the show grounds.

(a) Prepare, package and price the following items for sell.

(i) Doughnuts
(ii) Sausage rolls
(iii) Fried/roasted nuts
(iv) Chicken portions
(v) Refreshing drink

(b) Make a vegetable salad as an additional dish.

Seasonal foods are very cheap and can be used to prepare meals.

(a) Using:-

(i) Dried mushroom/dried traditional cucumber.
(ii) Dried bean leaves/dried leaf vegetable.

Prepare a balanced meal with suitable accompaniments.

(b) Make a Victoria sandwich cake to serve with a drink later in the day.

Family meals are rare these days.

(a) Prepare a substantial/full breakfast for four people.

(b) Prepare a savoury snack and small cakes using rubbing-in method.

(c) Prepare a nourishing drink to serve with (b) later in the day.