



EXAMINATIONS COUNCIL OF ESWATINI
Eswatini General Certificate of Secondary Education

FOOD AND NUTRITION

6905/02

Paper 2 Practical Examination

September/October 2021

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 test is assigned to you, read through it 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.

- (v) 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.
- (vi) 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.
- (vii) After completing the practical, you will be expected to compile a well-presented portfolio file with the following contents:
 - (a) Cover page with your personal details, i.e. (candidate name, candidate number and test number).
 - (b) It should consist of: **(i)** table of contents. **(ii)** Declaration forms **(iii)** the individual candidate mark sheet with marks for the practicals and **(iv)** one (1) coloured photo-(enlarged if possible) that clearly shows your well-labelled displayed finished dishes.

Practical Tests

NB: a two-course meal: refers to a meal with two main dishes and accompaniments.

Test 1

- (a) Prepare, cook and serve **two** dishes, each to illustrate one of the following cooking methods:
- (i) Stewing
 - (ii) Grilling
- (b) Use **one** of the dishes from (a) to prepare, cook and serve a **two-course** meal for a breastfeeding mother.

Test 2

- (a) Prepare, cook and serve a **two-course** meal for two adolescent girls that includes a legume.
- (b) Make biscuits using the melting method and a drink of your choice.

Test 3

- (a) Prepare, cook and serve **one** sweet and **one** savoury dish using a cereal or a cereal product.
- (b) Use **one** of the dishes from (a) to prepare, cook and serve a **two-course** meal for two manual workers returning home.

Test 4

- (a) Prepare, cook and serve **two** dishes, each to illustrate the use of one of the following ingredients:
- (i) Fresh milk
 - (ii) Eggs
- (b) Use **one** of the dishes from (a) to prepare, cook and serve a **two-course** meal for two elderly people.

Test 5

- (a) Prepare, cook and serve **two** dishes:
- (i) a flan dish using rough puff pastry and
 - (ii) a savoury dish using coating batter
- (b) Use one of the dishes from (a) to prepare a **two-course** light **lunch** meal to share with a friend and include a nourishing drink.

