

G12 ECZ FOOD & NUTRITION P2 2016 GCE PLAN GUIDES

Grade 12 ECZ Food and Nutrition Paper 2 (6065/2), 2016 GCE -- Practical Test

A worked Plan of Work for each of the 10 tests -- dishes, ingredients, method/timing

EXAMINATIONS COUNCIL OF ZAMBIA

Examination for General Certificate of Education Ordinary Level

Food and Nutrition 6065/2

Paper 2 Practical Test

Thursday

28 JULY 2016

Additional materials:

Carbonised sheets

Time: 1 hour 30 minutes (Planning Session)

2 hour 30 minutes (Practical Test)

Instructions to candidates

Planning Session: One hour, thirty 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 (a) Plan and cook a **two** course meal that uses at least four different methods of cooking.
(b) Make a drink using any fruits in season.
- 2 Your mother is recovering from an illness.
(a) Prepare an attractive **two** course meal and set a tray for her.
(b) Include a suitable drink.
- 3 Traditional meals can be very interesting and nutritious.
(a) Prepare three attractive dishes using Village chicken, Game meat and Dry fish. Using one of the dishes, prepare a meal with suitable accompaniments for you and two of your friends.
(b) Prepare a traditional drink.
- 4 Prepare, cook and serve the following:-
(a) Any nourishing soup.
(b) Macaroni cheese and suitable accompaniments.
(c) A sponge cake.
- 5 You are asked to demonstrate your expertise in Home Economics to a Community based Women's club. Prepare, cook and serve:-
(a) A steamed pudding serve with a sauce.
(b) A savoury flan for a lacto-vegetarian and serve it with a salad and dressing.
(c) Any nourishing soup (using convenience soup).
(d) Yeast made bread rolls using 500g flour.
- 6 (a) Plan and cook **four** dishes that demonstrate how air is trapped and used to make flour mixtures rise.
(b) Make afternoon tea and use **one** of the dishes as an accompaniment.
- 7 Garnishing and decorating can add both colour and flavour to dishes.
(a) Demonstrate these skills by preparing **two (2)** savoury and **two (2)** sweet dishes.
(b) Use **one** of these dishes as part of a main meal for a family that enjoys fresh vegetables in their diet.
- 8 Your father is a vegan.
(a) Prepare a mixed meal (Balanced) for him.
(b) Prepare **one** extra dish that will be enjoyed by non vegans and a dessert that will be enjoyed by both.

- 9 (a) Prepare, cook and serve **three** different dishes to demonstrate the following uses of eggs in cooking.
- (i) as a glaze
 - (ii) as a raising agent
 - (iii) as a garnish
- (b) Use **one** of these dishes as part of the main evening meal for **three** adults. Include a fresh fruit drink.
- 10 (a) Using a Hob only, prepare, cook and serve an attractive two-course meal for your uncle and his wife who are visiting for a day.
- (b) Make some biscuits and show how to pack them for storage. Make them a hot beverage.



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Question 1. Test 1: two-course meal, 4+ cooking methods, plus a seasonal fruit drink [Planning Session guide].

Dishes chosen

Answer: Course 1: GRILLED CHICKEN PIECES with BOILED RICE and STEAMED GREEN VEGETABLES (rape/cabbage). Course 2: BAKED SPONGE PUDDING with custard.

Methods demonstrated (four required)

Answer: GRILLING (chicken), BOILING (rice), STEAMING (vegetables), BAKING (sponge pudding) -- four distinct methods as required.

Ingredients and quantities (for 2-3 people)

Answer: Chicken pieces 500g; rice 250g; rape/cabbage 300g; onion, tomato, cooking oil, salt, seasoning for the vegetables; flour 150g, margarine 100g, sugar 100g, eggs 2, baking powder for the sponge; milk, custard powder and sugar for the custard; seasonal fruit (e.g. mango or orange) 4-5 pieces, sugar and water for the drink.

Order of work / method

Answer: 1. Pre-heat oven; prepare and season chicken, place under grill. 2. Wash rice, put on to boil. 3. Prepare vegetables, set aside for steaming near the end. 4. Cream margarine and sugar, beat in eggs, fold in flour and baking powder for the sponge; place in oven to bake. 5. While the sponge bakes, steam the vegetables and finish the rice. 6. Make the custard on the hob just before serving. 7. Wash, peel/deseed and liquidise or squeeze the seasonal fruit for the drink, sweeten to taste and chill/serve. 8. Dish up the two-course meal attractively, garnish, and serve with the fruit drink.

Question 2. Test 2: attractive two-course meal and tray for a mother recovering from illness, plus a suitable drink.

Dishes chosen

Answer: Course 1: a light, easily-digestible dish -- STEAMED FISH IN WHITE SAUCE with mashed potato and steamed carrots. Course 2: a light dessert -- BAKED CUSTARD or fruit fool.

Why these dishes suit an invalid

Answer: They are SOFT, EASILY DIGESTED, LOW IN FAT/SPICE and NUTRITIOUS (protein from fish/eggs/milk, energy from potato, vitamins from vegetables), suitable for someone recovering from illness.

Order of work / method

Answer: 1. Prepare fish, steam gently; make a white sauce (roux method: melt margarine, stir in flour, gradually add milk, season) to coat it. 2. Boil and mash potatoes with a little milk and margarine. 3. Steam carrots until just tender. 4. Prepare baked custard (whisk eggs, milk, sugar, a little nutmeg; bake in a bain-marie) while the main course cooks. 5. Set an attractive TRAY: a small cloth/tray cloth, the two courses neatly plated with garnish, cutlery correctly laid, and a folded napkin.

Suitable drink

Answer: A FRESH FRUIT JUICE (e.g. orange) or a warm, milky drink such as MILO/HOT MILK, gentle on the stomach and nutritious for a convalescing person.

Question 3. Test 3: three traditional dishes (village chicken, game meat, dry fish); one as a meal with accompaniments for three friends, plus a traditional drink.

Three dishes

Answer: 1. VILLAGE CHICKEN STEWED IN GROUNDNUT SAUCE. 2. GAME MEAT (e.g. beef substituting for game) STEWED WITH TRADITIONAL VEGETABLES (e.g. pumpkin leaves/chibwabwa). 3. DRY (KAPENTA/FISH) RELISH cooked with tomato and onion.

Meal with accompaniments (using the village chicken dish, for three friends)

Answer: Serve the VILLAGE CHICKEN IN GROUNDNUT SAUCE with NSHIMA (the staple accompaniment) and a green vegetable relish (e.g. rape or pumpkin leaves), attractively dished for three people.

Order of work / method

Answer: 1. Clean and cut the chicken; prepare the groundnut sauce base (roasted, pounded groundnuts mixed with water) and stew the chicken in it slowly until tender. 2. Prepare the game-meat dish similarly, stewing with the chosen traditional vegetable. 3. Clean and fry/stew the dry fish with tomato, onion and seasoning. 4. Prepare the nshima last (boil water, stir in mealie-meal in stages to a smooth, firm consistency) so it is served hot. 5. Dish the chosen meal (chicken dish, nshima and vegetable relish) attractively for three.

Traditional drink

Answer: MUNKOYO or a traditional MAHEU (fermented/sweetened cereal drink), served chilled.

Question 4. Test 4: nourishing soup; macaroni cheese with accompaniments; a sponge cake.

(a) Nourishing soup

Answer: VEGETABLE AND GROUNDNUT SOUP: saute onion, add mixed vegetables (carrot, pumpkin, spinach) and stock, simmer, stir in ground groundnut paste to thicken and enrich, season and serve hot -- nourishing from the vegetables and groundnuts (protein and vitamins).

(b) Macaroni cheese and suitable accompaniments

Answer: Boil macaroni until just tender; make a cheese sauce by the roux method (margarine, flour, milk, then grated cheese stirred in until melted); combine with the macaroni, top with extra cheese and breadcrumbs, and bake/grill until golden. Serve with a simple TOMATO AND ONION SALAD as a suitable accompaniment to balance the richness of the dish.

(c) A sponge cake

Answer: Cream margarine and sugar until light and fluffy, beat in eggs a little at a time, fold in sifted flour and baking powder, place in a greased and lined tin and bake in a moderate oven until well risen, golden and springs back when touched.

Question 5. Test 5: demonstration for a Women's Club -- steamed pudding with sauce; savoury flan (lacto-vegetarian) with salad; nourishing soup using convenience soup; yeast bread rolls (500g flour).

(a) Steamed pudding with a sauce

Answer: Prepare a basic **STEAMED SPONGE PUDDING** (creaming method: margarine, sugar, eggs, self-raising flour, a little milk to mix), place in a greased basin, cover and steam over boiling water for about 1.5 hours. Serve with a **JAM** or **CUSTARD SAUCE**.

(b) Savoury flan for a lacto-vegetarian, with salad and dressing

Answer: Line a flan dish with **SHORTCRUST PASTRY** (rub-in method), bake blind briefly, then fill with a **LACTO-VEGETARIAN** filling (no meat/eggs from meat products but milk/cheese allowed) such as cheese, onion and mixed vegetables in a milk/egg-free or cheese-based custard, and bake until set. Serve with a mixed **GREEN SALAD** and a simple **VINAIGRETTE** (oil, vinegar, seasoning) dressing.

(c) Nourishing soup using convenience soup

Answer: Use a packet/tinned **CONVENIENCE SOUP** as a base, and **ENRICH IT** by adding fresh ingredients -- e.g. extra vegetables, a swirl of cream or milk, and fresh herbs -- to boost its nutritive value and improve flavour and presentation before serving hot.

(d) Yeast bread rolls, 500g flour

Answer: Mix 500g strong flour with salt, rub in a little fat, dissolve yeast and sugar in warm water/milk and add to form a dough; knead thoroughly for about 10 minutes until smooth and elastic; prove in a warm place until doubled; knock back, shape into rolls, prove again; bake in a hot oven for about 15-20 minutes until golden and hollow-sounding when tapped.

Question 6. Test 6: four flour-mixture dishes showing air trapping (rising); afternoon tea using one as an accompaniment.

(a) Four dishes demonstrating trapped air making flour mixtures rise

Answer: 1. **WHISKED SPONGE CAKE** (air trapped by whisking eggs and sugar to a foam before folding in flour).

Answer: 2. **CHOUX PASTRY BUNS/ECLAIRS** (air/steam trapped as the paste is beaten and then expands rapidly in a hot oven).

Answer: 3. **SWISS ROLL** (whisked sponge method, rolled while warm).

Answer: 4. **MERINGUES** (air whisked into egg whites, set by slow baking).

(b) Afternoon tea, using one dish as an accompaniment

Answer: Lay an afternoon tea table with a teapot, cups, saucers, milk and sugar, and serve the **MERINGUES** (or Swiss roll slices) as the accompaniment to the tea, attractively arranged on a cake stand or plate.

Question 7. Test 7: garnishing and decorating -- two savoury and two sweet dishes; one used as part of a family main meal with fresh vegetables.

(a) Two savoury dishes, garnished/decorated

Answer: 1. **DEVILLED EGGS** garnished with paprika and parsley. 2. A **SAVOURY RICE** dish garnished with sliced tomato, cucumber fans and fresh coriander.

Two sweet dishes, decorated

Answer: 3. A **SPONGE CAKE** decorated with icing and piped cream. 4. A **FRUIT SALAD** decorated with a mint leaf and a twist of citrus peel.

(b) Using one as part of a family main meal with fresh vegetables

Answer: Serve the SAVOURY RICE (garnished) as part of a main meal alongside grilled meat/chicken and a FRESH VEGETABLE SALAD, so the family enjoys fresh vegetables in their diet as required.

Question 8. Test 8: mixed (balanced) meal for a vegan father; one extra dish enjoyed by non-vegans and a dessert enjoyed by both.

(a) Balanced vegan main meal

Answer: A VEGETABLE AND BEAN STEW (kidney beans or cowpeas in a tomato-onion sauce with mixed vegetables) served with NSHIMA or rice -- balanced because it supplies protein (beans), carbohydrate (nshima/rice), and vitamins/minerals (vegetables), with no animal products at all.

(b) Extra dish enjoyed by non-vegans, plus a dessert enjoyed by both

Answer: Extra dish: GRILLED CHICKEN OR FISH, served separately for the non-vegan family members alongside the same vegan stew and nshima/rice. Dessert enjoyed by both: a FRESH FRUIT SALAD (no animal products), suitable for everyone at the table regardless of diet.

Question 9. Test 9: three dishes showing eggs used as a glaze, a raising agent, and a garnish; one used in a main evening meal for three adults with a fresh fruit drink.

Three dishes

Answer: 1. Egg AS A GLAZE: a batch of BREAD ROLLS OR SAMOSAS brushed with beaten egg before baking, for a shiny, golden finish.

Answer: 2. Egg AS A RAISING AGENT: a WHISKED SPONGE CAKE, where whisked egg traps air to make the mixture rise without baking powder.

Answer: 3. Egg AS A GARNISH: a mixed SALAD topped with slices/wedges of HARD-BOILED EGG.

Used in a main evening meal for three adults, with a fresh fruit drink

Answer: Serve the EGG-GARNISHED SALAD as part of the evening meal alongside a protein dish (e.g. grilled chicken) and a starch (rice/nshima), for three adults, together with a FRESH FRUIT DRINK such as fresh orange juice.

Question 10. Test 10: using a Hob only -- attractive two-course meal for an uncle and his wife visiting for a day; biscuits packed for storage, plus a hot beverage.

(a) Two-course meal cooked entirely on the Hob (no oven)

Answer: Course 1: CHICKEN STEW (pan-fried then simmered on the hob) with RICE (boiled) and a pan-fried/steamed vegetable. Course 2: a HOB-COOKED DESSERT such as STEWED FRUIT WITH CUSTARD (custard made on the hob) since no oven is used.

Order of work / method

Answer: 1. Season and brown the chicken pieces in a pan, add onion/tomato sauce base and simmer until tender. 2. Boil the rice and steam/pan-fry the vegetable alongside. 3. Stew the chosen fruit gently in a little water and sugar; make custard on the hob (custard powder, milk and sugar, stirred over gentle heat until thickened). 4. Dish up both courses attractively for the visiting uncle and his wife.

(b) Biscuits, packed for storage

Answer: Make a simple RUBBED-IN OR CREAMED BISCUIT dough (fat, sugar, flour, a little egg/milk to bind), roll out, cut into shapes and bake until golden and crisp on the hob using a heavy pan/griddle with a lid if no oven is available, or bake conventionally if permitted. Cool completely on a wire rack, then PACK IN AN AIRTIGHT TIN OR CONTAINER, with greaseproof paper between layers, to keep them crisp and fresh in storage.

Hot beverage

Answer: Serve a pot of TEA or COFFEE, made fresh and served with milk and sugar as preferred.

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