

G12 ECZ FOOD & NUTRITION P2 2016 SPEC PLAN GUIDES

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

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

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.

- 7** 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.
- 8** 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.
- 9** 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.
- 10** 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.

Question 1. Test 1: meal packed for a manual worker; a creamed-method cake decorated for afternoon tea.

(a) Meal prepared, cooked and packed for a manual worker

Answer: A substantial, energy-dense packed meal: BEEF STEW WITH RICE, plus a hard-boiled egg and a piece of fruit, since a manual worker needs plenty of ENERGY (carbohydrate, some fat) and PROTEIN for hard physical work. Cool completely before packing in a well-sealed container so it stays fresh and safe to eat later.

(b) Creaming-method cake, decorated for afternoon tea

Answer: Cream margarine and sugar until light and fluffy, beat in eggs gradually, fold in sifted flour and baking powder, bake until risen and golden. Decorate with a simple butter icing or glaze icing and a light sprinkle of desiccated coconut or a few sliced almonds, suitable for serving at afternoon tea.

Question 2. Test 2: main evening meal, fruit salad with sauce, and a refreshing drink -- for two students advised to eat more fibre.

(a) Main evening meal, high in fibre

Answer: A VEGETABLE AND BEAN STEW served with WHOLEMEAL NSHIMA (or brown rice) and a green vegetable relish -- beans, wholemeal mealie-meal and vegetables are all high in dietary FIBRE, meeting the students' need.

(b) Fruit salad with a suitable sauce

Answer: A mixed FRUIT SALAD (banana, orange, pawpaw, apple) served with a light FRUIT COULIS or a yoghurt-based sauce, adding further fibre and vitamins as part of the meal.

(c) A refreshing drink

Answer: Fresh LEMON OR ORANGE SQUASH, chilled, to refresh the students after their meal.

Question 3. Test 3: three dishes each using a different raising agent that produces carbon dioxide; one extended into a balanced meal for three adults.

(a) Three dishes, three different CO₂-producing raising agents

Answer: 1. BAKING POWDER: a plain SPONGE CAKE (baking powder releases CO₂ on heating/moistening).

Answer: 2. BICARBONATE OF SODA (with an acid such as sour milk or lemon juice): SCONES or a fruit loaf.

Answer: 3. YEAST: BREAD ROLLS (yeast ferments sugars, releasing CO₂ during proving).

(b) Extending one dish into a balanced meal for three adults

Answer: Using the BREAD ROLLS, build a balanced meal: serve them with a PROTEIN dish (e.g. grilled chicken or beans), a VEGETABLE side, and butter/margarine, giving carbohydrate, protein, fat and vitamins in one meal for three adults.

Question 4. Test 4: dishes prepared using a piping bag, a baking tray, a vegetable peeler and a casserole; plus a vegetable salad and a drink.

(a) A dish for each utensil

Answer: (i) Piping bag: MERINGUES or piped mashed potato (duchess potatoes), piped into neat shapes before baking.

Answer: (ii) Baking tray/sheet: PLAIN SCONES or BISCUITS, arranged and baked on the tray.

Answer: (iii) Vegetable peeler: a dish requiring peeled vegetables, e.g. CARROT AND POTATO STEW, peeled with the peeler before cooking.

Answer: (iv) Casserole: a CHICKEN CASSEROLE, slow-cooked with vegetables in a covered casserole dish in the oven.

(b) Vegetable salad and a drink

Answer: A mixed VEGETABLE SALAD (lettuce, tomato, cucumber, carrot) with a light dressing, served with a chilled FRUIT SQUASH.

Question 5. Test 5: a selection of at least five traditional dishes for elders paying bride price, plus a traditional drink.

(a) Five traditional dishes

Answer: 1. VILLAGE CHICKEN IN GROUNDNUT SAUCE. 2. NSHIMA. 3. PUMPKIN LEAVES (CHIBWABWA) RELISH. 4. DRIED FISH (KAPENTA) RELISH. 5. TRADITIONAL BEANS COOKED WITH GROUNDNUT POWDER. Serve all attractively together, in the traditional manner, to honour the visiting elders.

(b) Traditional drink

Answer: MUNKOYO, the traditional fermented cereal-root drink, served to exhibit Zambian tradition to the visiting elders.

Question 6. Test 6: three dishes showing different uses of herbs and spices; combined with other foods into a three-course midday meal for two.

(a) Three dishes, three uses of herbs/spices

Answer: 1. CHICKEN FLAVOURED WITH GARLIC, GINGER AND CURRY POWDER (spices used for flavouring meat). 2. A TOMATO SAUCE WITH FRESH BASIL/PARSLEY (herbs used to flavour a sauce). 3. RICE COOKED WITH A CINNAMON STICK AND CLOVES (spices used to flavour a starch dish).

(b) Three-course midday meal for sister and self

Answer: Starter: a light TOMATO SOUP (using the herbed tomato sauce as a base). Main course: the SPICED CHICKEN with the SPICED RICE and a green vegetable. Dessert: FRESH FRUIT SALAD -- a complete three-course midday meal for two.

Question 7. Test 7: three dishes illustrating uses of eggs; extended into a two-course meal.

(a) Three dishes illustrating uses of eggs

Answer: 1. Egg as a **BINDING** agent: **FISH CAKES** bound together with beaten egg. 2. Egg as an **AERATING/raising** agent: a **WHISKED SPONGE**. 3. Egg as a **GARNISH/coating**: **SCOTCH EGGS**, or a salad garnished with sliced hard-boiled egg.

(b) Two-course meal

Answer: Course 1: the **FISH CAKES** served with a side salad. Course 2: the **WHISKED SPONGE** served as dessert with fresh fruit -- a complete two-course meal.

Question 8. Test 8: items prepared, packaged and priced for sale at a Home Economics Association show stand; plus a vegetable salad.

(a) Prepare, package and price five items

Answer: (i) **DOUGHNUTS** -- deep-fried yeast dough, tossed in sugar, packed in small paper bags of 4-5, priced modestly per bag (e.g. K10 per bag) to cover ingredient cost and a small profit.

Answer: (ii) **SAUSAGE ROLLS** -- sausage meat wrapped in puff/shortcrust pastry and baked, packed individually in greaseproof paper, priced per piece.

Answer: (iii) **FRIED/ROASTED NUTS** -- groundnuts fried or roasted and lightly salted, packed in small sealed sachets, priced per sachet.

Answer: (iv) **CHICKEN PORTIONS** -- seasoned and fried/grilled chicken pieces, packed in foil or a food box, priced per portion (higher, reflecting the cost of chicken).

Answer: (v) **REFRESHING DRINK** -- a chilled fruit squash, sold by the cup, priced to cover the cost of fruit/sugar and cups.

(b) Vegetable salad, as an additional item

Answer: A mixed **VEGETABLE SALAD**, prepared fresh and displayed attractively as a healthy additional item on the stand.

Question 9. Test 9: balanced meal using dried/seasonal foods, with accompaniments; a Victoria sandwich cake served with a drink later.

(a) Balanced meal using dried mushroom/cucumber and dried bean/leaf vegetable

Answer: Rehydrate the **DRIED MUSHROOMS** (or dried traditional cucumber) and the **DRIED BEAN LEAVES** (or dried leaf vegetable) by soaking in warm water, then cook them into a **RELISH** with onion, tomato and groundnut powder for extra protein. Serve with **NSHIMA** and a protein side such as beans or dried fish, giving a **BALANCED** meal (carbohydrate, protein, vitamins/minerals) built from cheap seasonal/dried foods, with suitable accompaniments (e.g. a fresh tomato-onion relish on the side).

(b) Victoria sandwich cake, to serve with a drink later

Answer: Standard creaming-method sponge: equal weights of margarine, sugar, self-raising flour and egg, creamed, beaten and folded together, baked in two sandwich tins, and joined with jam (and cream if desired) -- kept for serving with a drink later in the day.

Question 10. Test 10: a substantial full breakfast for four; a rubbing-in method savoury snack and small cakes; a nourishing drink to serve later.

(a) Substantial/full breakfast for four people

Answer: A full breakfast spread: fried or scrambled eggs, sausages/bacon, baked beans, fried tomato, and bread/toast, with tea or coffee -- providing protein, carbohydrate and fat to start the day, for four people.

(b) Savoury snack and small cakes, rubbing-in method

Answer: Savoury snack: CHEESE SCONES (rub margarine into flour, add grated cheese and a little milk to bind, cut into rounds and bake). Small cakes: ROCK CAKES (rub-in method with mixed dried fruit, spooned into rough heaps and baked) -- both made by the rubbing-in method as required.

(c) Nourishing drink, to serve with (b) later in the day

Answer: A MILK-BASED DRINK such as hot Milo or a fruit-and-milk smoothie, nourishing (protein, calcium) and suitable to serve alongside the scones/rock cakes later in the day.

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