

# **G12 ECZ FOOD & NUTRITION P2 2017 GCE PLAN GUIDES**

**Grade 12 ECZ Food and Nutrition Paper 2 (6065/2), 2017 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

Tuesday

11 JULY 2017

**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 Vitamin C is easily lost during preparation and cooking of food.
  - (a) Prepare, cook and serve a selection of fruit and vegetable dishes. (At least two dishes from each)
  - (b) Include **two** dishes from (a) to make an evening meal.
  - (c) Make a suitable drink.
- 2 Meat is rich in proteins.
  - (a) Select **two** cuts of meat. For each cut, prepare a dish using a moist method of cooking.
  - (b) Using **one** of these dishes in (a) prepare, cook and serve a two course meal for your two uncles who are visiting.
- 3 You have invited three friends for an evening dinner party.
  - (a) Prepare, cook and serve **four** dishes suitable for the occasion.
  - (b) Include **one** pastry dish.
  - (c) Make coffee.
- 4 It is open day at your school and you will display at the Food and Nutrition stand.
  - (a) Show the skill you have learnt in preparing the following:
    - (i) Victoria Sandwich cake
    - (ii) Sausage rolls
    - (iii) Jam tarts
    - (iv) Scotch eggs.
  - (b) Prepare and make a drink.
  - (c) Price the foods and decorate the stand.
- 5 Convenience foods are processed foods that are usually partly or totally prepared.
  - (a) Prepare **two** dishes using canned foods.
  - (b) Using one of the dishes in (a), prepare a two course meal.
  - (c) Prepare a cold drink.
- 6 Breakfast is an important meal.
  - (a) Prepare, cook and serve a substantial breakfast for your two visitors.
  - (b) Prepare savoury biscuits and plain scones for the afternoon snack.
  - (c) Set a tray for the afternoon tea.

- 7** Your grandmother has been complaining of constipation.
- (a)** Prepare, cook and serve a three course midday meal rich in fibre.
  - (b)** Prepare and serve a nourishing drink for both of you.
  - (c)** Make an attractive flower arrangement.
- 8** You are appreciating your parents.
- (a)** Prepare, cook and serve a selection of local foods (at least 5).
  - (b)** Make and serve a non-alcoholic traditional beverage.
- 9** Electricity has become expensive in Zambia.
- (a)** Prepare, cook and serve a meal using a brazier only.
  - (b)** Prepare a dessert to be served with the main meal.
  - (c)** Prepare a nourishing drink.
- 10** **(a)** Show that you understand the following processes by preparing, cooking and serving different dishes on each.
- (i)** Glazing
  - (ii)** Stewing
  - (iii)** Boiling
- (b)** Use any **two** of the dishes from **(a)** to complete a main meal.
- (c)** Include a drink.



**DOWNLOAD ECZ  
PAST PAPERS  
FROM YOUR  
PHONE OR PC**

---

**[www.zedpastpapers.com](http://www.zedpastpapers.com)**

**Question 1. Test 1: fruit and vegetable dishes (Vitamin C easily lost in cooking); two used for an evening meal, plus a suitable drink.**

**(a) Fruit and vegetable dishes (at least two of each), minimising Vitamin C loss**

Answer: Fruit: 1. FRESH FRUIT SALAD (raw, uncooked, so no vitamin C is lost). 2. STEWED FRUIT COMPOTE, cooked briefly in the minimum water. Vegetable: 3. STEAMED RAPE/CABBAGE (steaming, not boiling, retains more vitamin C). 4. A RAW CARROT AND CABBAGE SALAD (coleslaw, eaten raw).

Answer: Vitamin C is preserved by: cooking for the SHORTEST TIME POSSIBLE, using the LEAST WATER (or steaming), covering the pan, and not keeping vegetables cut/warm for long before serving.

**(b) Evening meal using two of these dishes**

Answer: Serve the STEAMED CABBAGE and the RAW CARROT SALAD alongside a protein dish (e.g. grilled chicken) and nshima/rice, for a vitamin-C-rich evening meal.

**(c) A suitable drink**

Answer: Fresh ORANGE JUICE, itself a good source of vitamin C, complementing the meal.

**Question 2. Test 2: two cuts of meat cooked by a moist method; one dish extended into a two-course meal for two visiting uncles.**

**(a) Two cuts of meat, moist methods**

Answer: 1. BEEF SHIN (a tougher cut) -- STEWED slowly in liquid until tender (a moist method suited to tough cuts). 2. CHICKEN PIECES -- BRAISED in a sauce (browned then simmered in a covered pot with liquid, a moist method).

**(b) Two-course meal for two visiting uncles, using one dish**

Answer: Course 1: the BRAISED CHICKEN served with rice and a vegetable. Course 2: a simple dessert such as fresh fruit or a light pudding -- a complete two-course meal to welcome the uncles.

**Question 3. Test 3: four dishes for an evening dinner party for three friends, including one pastry dish, plus coffee.**

**(a) Four dishes suitable for a dinner party**

Answer: 1. A SAVOURY STARTER, e.g. vegetable soup. 2. GRILLED CHICKEN IN A SAUCE (main protein dish). 3. A RICE OR POTATO ACCOMPANIMENT. 4. A DESSERT, e.g. fruit salad or a sponge pudding.

**(b) One pastry dish**

Answer: A CHICKEN AND VEGETABLE PIE using SHORTCRUST PASTRY (rub-in method: fat rubbed into flour, bound with cold water, rolled and used to encase a cooked chicken/vegetable filling, then baked) can serve as the main course, satisfying the pastry requirement.

**(c) Coffee**

Answer: Freshly brewed COFFEE, served with milk and sugar, to end the dinner party.

**Question 4. Test 4: skill dishes for an Open Day display (Victoria sandwich, sausage rolls, jam tarts, scotch eggs); a drink; pricing and stand decoration.**

**(a) The four skill dishes**

Answer: (i) **VICTORIA SANDWICH CAKE** -- creaming method, two sponge layers joined with jam, showing basic cake-making skill.

Answer: (ii) **SAUSAGE ROLLS** -- sausage meat wrapped in puff or shortcrust pastry, baked until golden, showing pastry-work skill.

Answer: (iii) **JAM TARTS** -- shortcrust pastry cases filled with jam and baked, showing pastry-lining skill.

Answer: (iv) **SCOTCH EGGS** -- hard-boiled eggs wrapped in sausage meat, coated in breadcrumbs and deep-fried or baked, showing coating/frying skill.

**(b) A drink**

Answer: A jug of chilled **FRUIT SQUASH**, prepared to serve to visitors at the stand.

**(c) Pricing and decorating the stand**

Answer: Price each item to cover ingredient cost plus a small margin (e.g. Victoria sandwich slice K5, sausage roll K3, jam tart K2, scotch egg K5, drink K2 per cup) and **DECORATE THE STAND** with a clean tablecloth, labelled price cards, and the food neatly arranged on trays/stands for an attractive display.

**Question 5. Test 5: two dishes using canned foods; one extended into a two-course meal; a cold drink.**

**(a) Two dishes using canned foods**

Answer: 1. **CANNED BAKED BEANS** served on toast with a fried egg. 2. **CANNED CORNED BEEF** made into a corned beef and vegetable hash/pie.

**(b) Two-course meal using one dish**

Answer: Course 1: the **CORNED BEEF PIE** served with rice and a vegetable. Course 2: a light dessert, e.g. tinned fruit with custard -- a complete two-course meal.

**(c) A cold drink**

Answer: A chilled **FRUIT SQUASH** or iced tea, served alongside the meal.

**Question 6. Test 6: substantial breakfast for two visitors; savoury biscuits and plain scones for afternoon snack; a tray set for afternoon tea.**

**(a) Substantial breakfast for two visitors**

Answer: Fried or scrambled eggs, sausages, baked beans and toast, with tea/coffee, to give the visitors a full, satisfying breakfast.

**(b) Savoury biscuits and plain scones**

Answer: **SAVOURY CHEESE BISCUITS** (rub-in method, with grated cheese, baked until crisp) and **PLAIN SCONES** (rub-in method, self-raising flour, fat, milk to bind, cut into rounds and baked hot and quick).

**(c) Tray set for afternoon tea**

**Answer:** Lay a tray with a clean cloth, teapot, cups and saucers, milk jug and sugar bowl, and arrange the biscuits and scones (with butter/jam) neatly on a plate -- a complete afternoon tea tray.

**Question 7. Test 7: fibre-rich three-course midday meal and nourishing drink for a grandmother with constipation; a flower arrangement.**

**(a) Fibre-rich three-course midday meal**

**Answer:** Starter: a VEGETABLE SOUP with added bran/whole vegetables. Main course: BEAN STEW with WHOLEMEAL NSHIMA and a green vegetable (high fibre from beans, wholemeal meal and vegetables, which helps relieve constipation). Dessert: STEWED FRUIT (e.g. prunes/pawpaw), also fibre-rich and traditionally helpful for digestion.

**(b) Nourishing drink for both**

**Answer:** Fresh FRUIT JUICE with a little added bran or simply a fruit smoothie, nourishing and fibre-supporting for both grandmother and yourself.

**(c) Flower arrangement**

**Answer:** A simple, attractive arrangement of fresh flowers (varied heights, a focal bloom, and greenery) in a vase, placed on the table to make the meal setting pleasant for your grandmother.

**Question 8. Test 8: a selection of at least five local (Zambian) foods, plus a non-alcoholic traditional beverage, to appreciate your parents.**

**(a) Five local dishes**

**Answer:** 1. NSHIMA. 2. VILLAGE CHICKEN IN GROUNDNUT SAUCE. 3. PUMPKIN LEAVES (CHIBWABWA). 4. DRIED FISH RELISH. 5. BEANS COOKED WITH GROUNDNUT POWDER -- served together as a full local spread to honour your parents.

**(b) Non-alcoholic traditional beverage**

**Answer:** MUNKOYO or a sweetened MAHEU, both traditional, non-alcoholic Zambian drinks.

**Question 9. Test 9: a meal cooked entirely on a brazier (charcoal); a dessert to serve with it; a nourishing drink.**

**(a) Meal cooked using a brazier only**

**Answer:** NSHIMA (cooked in a pot over the brazier) with a CHICKEN OR BEEF STEW (also cooked on the brazier in a second pot) and a vegetable relish -- all achievable on a single charcoal brazier by cooking dishes one after another or using two pots if the brazier allows.

**(b) Dessert served with the main meal**

**Answer:** STEWED FRESH FRUIT (e.g. bananas or pawpaw lightly stewed with a little sugar over the brazier), simple to prepare with the same heat source.

**(c) A nourishing drink**

**Answer:** A hot MILK-BASED DRINK (e.g. Milo) or fresh fruit juice, nourishing and easy to make on the brazier or served cold if preferred.

**Question 10. Test 10: dishes demonstrating glazing, stewing and boiling; two combined into a main meal, plus a drink.**

---

**(a) One dish for each process**

**Answer: (i) GLAZING: BREAD ROLLS** glazed with beaten egg before baking for a shiny crust.

**Answer: (ii) STEWING: BEEF STEW**, meat and vegetables cooked slowly in liquid over gentle heat.

**Answer: (iii) BOILING: BOILED RICE**, cooked in plenty of boiling water until tender.

**(b) Two of these dishes combined into a main meal**

**Answer: Serve the BEEF STEW with the BOILED RICE** as the main meal, a classic, well-balanced combination of protein/vegetables and carbohydrate.

**(c) A drink**

**Answer: A chilled FRUIT SQUASH** or a pot of tea, served alongside the meal.

## Disclaimer

---

Created by eskulu Past Papers Tutor

These solutions were created using artificial intelligence and checked against ECZ marking guidelines. If you find an error, report it at [eskulu.com/feedback](https://eskulu.com/feedback).

[eskulu.com](https://eskulu.com) | [zedpastpapers.com](https://zedpastpapers.com)