

UGANDA CERTIFICATE OF EDUCATION

MOCK EXAMINATIONS 2016

662/2 FOODS AND NUTRITION

PAPER TWO

PRACTICAL

Planning session: 1 hour 30 minutes

Practical test: 2 hours 30 minutes

INSTRUCTIONS TO CANDIDATES

When you know which of the tests is assigned to you, read through carefully, then prepare a plan of work and a list of ingredients as follows (use carbon papers to make duplicate copies)

- i) Write down the dishes you decide to make. Do not copy the test.
- ii) Besides the dishes chosen, show the quantities of the ingredients required for each (a full recipe is not necessary)
- iii) On a separate sheet, make a list showing total quantities of the ingredient required.
- iv) Complete the plan of work to show the order of working methods used and the length of the time required to make each dish.
- v) The amount cooked should be sufficient for three or four people, but this must be governed by the requirements of each test.
- vi) Recipe books may be used provided they are not constantly referred to in the practical examination.
- vii) The question paper and one copy of the plan and list will be returned to you by the examiner at the beginning of the practical test. You will be expected to keep to your plan and order of work.

1. Two European visitors are staying with you.
 - (a) Prepare, cook and serve English breakfast for them
 - (b) Prepare a steamed dish and a stew to be served as part of lunch for them
 - (c) Roast fresh maize for their evening tea.

2. (a) Demonstrate your skills in making the following terms;
 - (i) Tomato sauce
 - (ii) Drop scones
 - (iii) Fancy bread rolls

(b) Prepare, cook and serve suitable accompaniments for the tomato sauce in (a) (i) above to complete the main course of a meal of a school driver.

3. Using Groundnuts as one of the ingredients,
 - (a) Prepare, cook and serve a two course meal for a manual worker
 - (b) Make a dish that demonstrates use of flaky pastry and serve it with coffee on a tray.

4. (a) Prepare, work and serve on dish in each case to show the following cookery processes
 - (i) rubbing in
 - (ii) binding
 - (iii) basting
 - (iv) dry-frying

(b) Make a dish that combines a protein, a carbohydrate and a vegetable and serve it with a fruit punch

(c) Demonstrate the making of mango jam.

5. (a) Use the following leftover foods and make an interesting dish in each case;
 - (i) Peas
 - (ii) Boiled eggs

(b) Prepare, cook and serve traditional meal for your grandmother.

(c) Prepare a steamed cake and a suitable sauce to serve with the traditional meal.

6. You have been asked to help make items for a children's tea party. Show your skills in the making of the following.
 - (i) Creamed cake

- (ii) Minced meat dish
 - (iii) Cheese dish
 - (iv) Hot beverage
 - (b) Demonstrate the uses of milk in cookery by preparing three varied dishes.
7. Members of the school PTA executive are visiting your school.
- (a) Prepare, cook and serve a three course meal for them and use jam in one of the dishes.
 - (b) Prepare two weaning dishes for a child of 7 months.
8. (a) Prepare, cook and serve a two-course meal suitable for two lacto vegetarian friends.
- (b) Show your skills in preparing the following dishes
 - (i) Chapatis.
 - (ii) Pinwheel biscuits.

End-success