



Cambridge IGCSE™

FOOD & NUTRITION

0648/02

Paper 2 Practical Test

October/November 2025



You will need: Preparation sheets

INSTRUCTIONS

- Answer **one** question. You will be told which question to answer.
- Write your name, centre number and candidate number on all the work you hand in.
- See page 2 for full instructions.
- You have **1 hour 30 minutes** for planning.
- You have **2 hours 30 minutes** for the practical test.
- You may use a calculator.

INFORMATION

- The total mark for this paper is 100.
- All questions are worth equal marks.

This document has **4** pages. Any blank pages are indicated.

Planning Session: 1 hour 30 minutes

Write your **name**, **candidate number** and the **number of the test** assigned to you on your three preparation sheets.

- 1 Complete your preparation sheets as follows. The amounts you cook should be sufficient for two or three people. You may use recipe books.

- (i) Write the names of the dishes you decide to make on the **Choices and Recipes** preparation sheet. Show clearly which dishes you have chosen to make for each part of the test. Do **not** copy out the test.

Give the quantities of **all** the ingredients required next to each of the dishes you have chosen. A full recipe is **not** necessary.

You are advised to choose dishes which are nutritionally balanced and need skill to make.

- (ii) Complete the **Time Plan** to show:

- a clear sequence of work, including adequate timings
- the methods for each dish
- the oven temperature and cooking time for each dish
- the time you have allowed for cleaning and dish-washing
- the time you have allowed for serving.

- (iii) Complete the **Shopping List** to show the total quantities of the ingredients required.

- 2 At the end of the planning session, give your question paper, preparation sheets and any notes you have made to the Supervisor. You may **not** take these away from the planning session. You may **not** bring any additional notes to the practical test.
- 3 At the beginning of the practical test, you will be given back your question paper, preparation sheets and any notes you made during the planning session.

Practical Test: 2 hours 30 minutes

For the purposes of the Practical Test, a **balanced** main meal must consist of:

TWO skilful dishes plus a minimum of **TWO** suitable accompaniments.

- 1 (a) Prepare, cook and serve **three** skilful dishes for two 10-year-olds to take to school as a cold packed meal to be eaten without cutlery. Two of the dishes must be savoury.
(b) Make a hot savoury dish **and** make a batch of scones.
- 2 (a) Prepare, cook and serve a **balanced** main meal that is high in iron and vitamin C.
(b) Make a dish using shortcrust pastry **and** make a batch of small cakes.
- 3 Prepare, cook and serve **five** skilful dishes, each showing the use of a different main ingredient from the following list:

cheese, citrus fruit, ground (minced) beef, lentils, oats, rice, yeast.
- 4 (a) Prepare, cook and serve a **balanced** main meal for two office workers.
(b) Make a cake using the whisking method **and** make a batch of savoury muffins.
- 5 (a) Prepare, cook and serve **four** skilful dishes, each showing the use of a different cooking method from the following list:

boiling, grilling, pressure cooking, shallow frying, steaming.
(b) Make a batch of biscuits.
- 6 (a) Prepare, cook and serve a **balanced** main meal for two elderly relatives.
(b) Make a dish using a pouring batter **and** make a cake using the creaming method.
- 7 (a) Prepare, cook and serve **three** skilful dishes using the hob and/or the grill of the cooker **only**.
(b) Make one savoury dish **and** one sweet dish, both of which should be baked in the oven.
- 8 (a) Prepare, cook and serve **three** skilful dishes, each showing the use of a different vegetable as a main ingredient.
(b) Make a cold dessert using fruit **and** make a batch of biscuits using the melting method.

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