

Guidance for skill levels in food choices and results

Cambridge IGCSE™
Food & Nutrition 0648

Cambridge O Level
Food & Nutrition 6065

For examination from 2023



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Introduction

The following guidance relates to skill levels only.

Marks should be further adjusted to reflect the suitability of each choice in terms of meeting the demands of the allocated test, as well as the quality of the results.

Please refer to the relevant sections of the *Practical Test Handbook* for comprehensive guidance, available on the Teaching and Learning tab of the [School Support Hub](#).

The syllabus for Cambridge IGCSE / O Level Food & Nutrition is available at www.cambridgeinternational.org

Soups and starters

Soups and starters	
Lower-skilled – Choice 1 or 2 marks Results 3 or 4 marks Likely to have three or fewer main ingredients; use of ready-cooked components such as chicken or pulses or ready-made components such as shortcrust pastry.	Higher-skilled – Choice 3 or 4 marks Results 5 to 7 marks Likely to have four or more main ingredients; may include cooking of fish, chicken, bacon and pulses.
Examples: - capri salad (tomato, mozzarella and basil salad) - egg mayonnaise, stuffed eggs - Florida cocktail, chilled grapefruit, grilled grapefruit - melon in Parma ham - pâté or dip without bread, crackers or vegetable batons - prawn or seafood cocktail - savoury pasties using ready-made pastry and simple fillings - vegetable soup without bread or crackers.	Examples: - minestrone, bouillabaisse or similar complex soup - soups with bread or crackers - meat or fish pâté or vegetable dip, e.g. hummus with Melba toast / fresh-made bread of any type plus vegetable batons - fish cakes with a dipping sauce - onion bhajis, pakoras and samosas plus a dip or sauce - spring rolls – range of vegetables and / or fish / meat, ready-made wrappers or filo pastry acceptable to show skilled use of convenience component, served with a dipping sauce.

Main dishes

Main dishes	
Any dish using ready-made components is lower-skilled.	
Lower-skilled – Choice 1 or 2 marks Results 3 to 5 marks Any dish using ready-made components is lower-skilled.	Higher-skilled – Choice 3 or 4 marks Results 5 to 7 marks Skilled dishes will have all fresh-made components.
Examples: • burgers using ready-made components (bread or burger) • chicken or fish breadcrumbed or in batter without a fresh-made sauce, salsa or dip • curry, chilli, bolognaise, stews etc without accompanying rice, pasta, dumplings etc. • fajitas – using ready-made wraps or pre-cooked meats, fish or chicken • grilled or roasted meat / chicken / fish, kebabs • pasta carbonara • pasta / gnocchi dishes using ready-made sauces • pastry dishes using ready-made pastry • pizza using ready-made base • plain or cheese omelette • potato or simple vegetable au gratin • vegetable stir-fry • vegetable, egg-fried or plain rice.	Examples: • any pasta dish with fresh-made pasta and sauce • breadcrumbed or battered fish / chicken and chips, fresh-made sauces, dips or salsa (highest skill if fish is skinned and / or filleted, breadcrumbs are fresh-made) • burgers – shape the patty and make own bread • filled dumplings with sauce • fish cakes plus fresh-made sauce (more skilled if fresh fish is used rather than tinned) • gnocchi plus fresh-made sauce • lasagne (ready-made pasta acceptable for lasagne) • macaroni / cauliflower cheese – roux sauce and browned • main course salads (includes carbohydrate, protein and range of vegetables plus fresh-made dressing) • meatballs / koftas / falafels– with sauce and rice, couscous or pasta • pancakes – filled and sauce freshly-made • pizza – scone or yeast-based dough • potato topped pies, e.g. shepherd's pie, cottage pie, fish pie • risotto or biriyani • quiche • savoury pastries using fresh-made pastry, e.g. sausage rolls, meat or vegetable pasties or pies • savoury pies or pasties using fresh-made pastry – any method

Main dishes	
	• scotch eggs • Spanish tortilla / frittata • stew and dumplings, curry / chilli and rice, bolognaise and pasta, tagine and couscous • stir fry with meat / fish / chicken AND vegetables AND noodles or rice • sushi with dipping sauce. Vegetarian alternatives – vegetable lasagne, vegetable moussaka, stuffed vegetables, e.g. courgettes, aubergine or peppers, roasted vegetables with couscous, vegetable curry and rice or fresh-made breads, bean goulash with rice or dumplings, vegetable and nut stroganoff, vegetarian strudel, nut roast with a sauce. Quorn can be used to replace chicken in above named dishes. Quorn or soya mince can be used to replace minced beef in any dishes.

Desserts

Desserts	
Cakes are acceptable and need to be decorated such as gateaux, brownies with a sauce, carrot cake with frosting, etc. Sandwich cakes need to be filled and decorated. Biscuits, cookies, scones are <u>not</u> acceptable.	
Lower-skilled – Choice 1 or 2 marks Results 1 to 5 marks Any dish using ready-made components is lower-skilled.	Higher-skilled – Choice 3 or 4 marks Results 6 or 7 marks Skilled dishes will have all fresh-made components.
Examples: - all-in-one cake mixtures - fruit crumbles or pies alone (need a sauce for full marks) - fruit pies using pre-prepared fruit and / or ready-made pastry, no sauce - fruit salad / kebabs - mousse without gelatine / agar-agar to set - muffins - rice pudding - steamed sponges alone (need a sauce for full marks) - trifle using ready-made components - undecorated cakes.	Examples: - bakewell / frangipane tart - banoffee pie - cheesecakes baked or gelatine set - choux buns, eclairs, profiteroles - crème caramel, panna cotta, crème brûlée - decorated cakes and gateaux, including brownies - fruit fritters plus sauce - fruit pies (fresh-made pastry), crumbles, steamed sponges plus sauce - glazed fruit flan – pastry or whisked sponge base with layer of crème patisserie under the fruit or piped cream on top - lemon meringue pie (highest skill level with fresh-made pastry) - meringue nests / pavlova - mousse – gelatine or agar-agar set - mousse / fruit salad plus biscuit or sponge finger - pineapple upside-down pudding plus custard - roulades / Swiss roll - sweet pancakes, filling and sauce - trifle using fresh-made components.

Accompaniments

Accompaniments	
Choose colourful accompaniments whenever possible. Use of different textures, flavours, and shapes adds interest. Accompaniments MUST be appropriate for the skilful dish they will accompany. For example, a potato topped pie, or a pizza will not need more carbohydrate and two suitable vegetable / salad dishes would be ideal. A quiche could be accompanied by potatoes, rice, or couscous plus a vegetable / salad dish. Lasagne could be served with a fresh-made garlic bread and a side salad.	
Lower-skilled – Choice 1 mark Results 1 or 2 marks	Higher-skilled – Choice 2 marks Results 3 or 4 marks
Examples: • garlic / pizza bread using ready-made bread • plain rice, pasta, couscous, noodles • plain steamed or boiled or grilled vegetables • potatoes – plain boiled or mashed, plain baked • salad – three or fewer ingredients, no dressing.	Examples: • cooked vegetables with dressing, sauce, toasted nuts or seeds, garlic or flavoured butter • couscous with vegetables / dressing, etc. • dumplings • egg- or vegetable-fried rice, curried rice, parsley or coriander rice, etc. • fresh-made pasta • home-made breads, e.g. flatbreads, chapattis, bread rolls, garlic bread, focaccia • potatoes – duchess, roast, wedges, chips, croquettes, dauphinoise • quinoa or other grains • roast or braised vegetables • salads – four or more ingredients plus fresh-made dressing, including coleslaw • stuffed baked potatoes • Yorkshire puddings.

Cakes

Cakes	
Large, small, tray bakes and cupcakes.	
Lower-skilled – Choice 1 to 3 marks Results 1 to 5 marks	Higher-skilled – Choice 3 or 4 marks Results 6 or 7 marks
Examples: - all-in-one methods, including plain muffins - cakes dredged with icing sugar - packet mixes - undecorated cakes - unfilled, undecorated sandwich cakes.	Examples: - brownies plus decoration or sauce - decorated cakes (large or small), any method used - drizzle cakes – lemon or other citrus fruits, coffee - muffins (sweet or savoury) with added fruit or vegetables, cheese, bacon etc, toppings / drizzle, jam or coulis piped into centre - tray bakes must be neatly decorated and evenly portioned - Victoria sandwich must have two layers and filled.

Biscuits

Biscuits	
Lower-skilled – Choice 1 to 3 marks Results 1 to 5 marks	Higher-skilled – Choice 3 or 4 marks Results 6 or 7 marks
Example: • plain flapjack.	Examples: • filled brandy snap • shaped or piped biscuits using any method • biscuits may be decorated if appropriate, e.g. gingerbread people.

Scones

Scones
All types high-skilled to include sweet or savoury.

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