

### 3.13.3 Home Science (Food and Nutrition) Paper 3 (441/3)

#### THE TEST

You are expecting your Aunt who is from a post-natal clinic for lunch.

Using the ingredients listed below, prepare, cook and present a **one course meal**, using **two** cooking methods for the two of you. Include a nutritious drink for the two of you.

#### Ingredients:

- Fruits in season
- Tomatoes
- Onions
- Salt
- Potatoes/rice/maize flour
- Sugar
- Beef/chicken/green grams
- Fat/oil
- Lemon
- Carrots
- Green leafy vegetables

#### PLANNING SESSION – 30 minutes

Use separate sheets of paper for each task listed below and a carbon paper to make duplicate copies.

Then proceed as follows:

1. Identify the dishes and write their recipes.
2. Write your order of work.
3. Make a list of the foodstuff and equipment you will require.

