

3.14.3 Home Science (Food and Nutrition) Paper 3 (441/3)

THE TEST

You have invited your two nephews aged 9 and 10 years for a weekend lunch. Using the ingredients listed below, prepare, cook and serve a one course meal for them. Include a nutritious drink.

Ingredients:

- Rice/potatoes
- Cooking oil
- Salt
- Sugar
- Beef/peas
- Carrots
- Tomatoes
- Cabbage/green leafy vegetables
- Onions
- Dhania
- Green pepper
- Fruits in season.

PLANNING SESSION – 30 minutes

For each task listed below, use separate sheets of paper 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.

