**HOMESCIENCE FOOD AND NUTRITION**

**PAPER 3**

**PRACTICAL**

**JULY/AUGUST 2019**

**1 ¾ HOURS**

**INSTRUCTIONS TO CANDIDATES**

**PLANNING SESSION: 30 MINUTES**

**PRACTICAL TEST SESSION: 1 ¼ HOURS**

**THE TEST**

You are taking care of your seventy years old grandmother who is recuperating at home. Using the ingredients listed below, prepare, cook and serve a suitable two course meal for the two of you.

Ingredients:

* Rice/irish potatoes
* Minced meat/liver
* Onions
* Tomatoes
* Carrots
* Salt
* Oil/fat
* Leafy vegetables in season
* Dhania
* Bread

Planning session: 30 minutes

For each task below, use separate sheets of paper and make duplicate copies using carbon paper. Then proceed as follows:

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