

INSTRUCTION TO CANDIDATES

1. Read the test carefully
2. You are advised to spend 30 minutes to come up with a plan of work which will be used for the practical
3. Text books and recipes may be used during planning session as reference material
4. You will be expected to keep to your order of work during practical session
5. At the end of planning session, two copies of the plan are to be handed over to the supervisor. The question paper and plan of work will be handed back to you at the beginning of the practical session.
6. You are not allowed to bring additional notes to the practical session.

THE TEST

Your elder sister has just come from the hospital after a Caesarian section and you have decided to stay with her to help her for sometimes. Using all the ingredients listed below prepare, cook and present on a tray a one course meal for supper for the two of you. Include a refreshing drink.

Ingredients

- Maize meal flour /rice
- Liver /Dengu
- Tomatoes
- Salt
- Dhania
- Fruits in season
- Oil/fat
- Carrots
- Hoho
- Sugar
- Leafy vegetables
- Irish potatoes

PLANNING SESSION; 30 minutes

Use separate sheet of paper for each task listed below and use carbon paper to make duplication copies.

- (a) Identify dishes and write their recipes.
- (b) write down your plan/order of work
- (c) make a list of foodstuffs and equipment you will require.