

## **INSTRUCTIONS TO CANDIDATES**

- a) Read the test carefully.
  - b) Write your name and index number on every sheet of paper used.
  - c) Textbooks and recipes may be used during the planning session as reference materials.
  - d) You will be expected to keep to your order of work during the practical session.
  - e) You are only allowed to take away your reference materials at the end of the planning session.
  - f) You are not allowed to bring additional notes to the practical session.
  - g) This paper consists of 2 printed pages. Candidates should check to ensure that all pages are printed as indicated and no questions are missing
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## **THE TEST**

You are taking care of your ten year old sister who is recovering from Malaria. Using the ingredients listed below plan, prepare and present

- i) A one course supper for both of you
- ii) A refreshing fruit drink

### **INGREDIENTS**

- Leftover meat/poultry/fish
- Rice/ wheat flour
- Cabbage/Spinach
- Passion/Pineapples fruit/mango
- Sugar
- Salt
- Tomatoes
- Onions
- Oil
- Capsicums
- Dhania
- Royco
- Fresh garlic

### **PLANNING SESSION:30 MINUTES**

Use separate sheets of paper for each task listed below and use carbon paper to make duplicate copies as follows:-

- i) Identify the dishes and write down their recipes
- ii) Write down your order of work
- iii) Make a list of foodstuffs and equipment you will require.