

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

#### THE TEST

Your elder sister who is lactating an 8 months old baby has visited you. Using the ingredients listed below:

- (a) Prepare, cook and present a one course meal for the two of you.
- (b) Prepare, cook and present a suitable weaning dish for your sister's baby.

#### Ingredients:

- Rice/maize flour
- Potatoes/bananas
- Beef/green grams
- Green leafy vegetables
- Milk
- Fat/oil
- Salt
- Tomatoes
- Carrots
- Onions
- Green pepper
- Dhania

#### PLANNING SESSION – 30 minutes

For each task listed below, use separate pieces of paper and make duplicate copies using carbon paper. 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.