

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

THE TEST

Your two teenage brothers are coming home from school for their mid-term break. Using the ingredients listed below, prepare, cook and present one course lunch for the three of you. Include a nutritious drink.

Ingredients:

- Maize flour/wheat flour/rice
- Chicken/green grams/beef
- Cabbage/dark green leafy vegetables
- Fruits in season
- Cooking oil
- Salt
- Green pepper
- Sugar
- Coriander
- Tomatoes
- Onions
- Spices

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.