

H/SCIENCE PAPER 3

THE TEST

You are staying with your 10 year old brother who is recovering from an illness.

Using the ingredients listed below:

1. Prepare, cook and present a **one course meal** for **him**, using at least **two** cooking methods.
2. Include a nutritious drink.
3. Use **tray service**.

Ingredients:

- Beef/chicken/green peas
- Carrots
- Onions
- Potatoes/rice
- Milk
- Margarine
- Green leafy vegetables
- Tomatoes
- Dhania
- Green pepper/capsicum
- Oil/fat
- Salt
- Fruits in season
- Sugar

PLANNING SESSION – 30 minutes

Use separate sheets of paper for each task listed below 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.

HSCIENCE PAPER 3 MARKING SCHEME

	AREAS OF ASSESSMENT	MAXIMUM SCORE	ACTUAL SCORE	REMARKS
1.	PLAN Recipes – Availability ($4 \times \frac{1}{2}$) – Correct quantity ($4 \times \frac{1}{2}$) (enough for one) – Appropriate choice (for the age) Order of work – Availability – Proper sequencing List of foodstuffs – Availability – Adequacy (enough for one) – Appropriateness List of equipment – Availability – Adequacy – Appropriateness	 2 2 1 1 1 1 2 2 1 1 1		
	SUB-TOTAL	15		
2.	PREPARATION AND COOKING Correct procedure for preparation – Item 1 – Item 2 – Item 3 – Item 4 (nutritious drink) Correct procedure for cooking – Item 1 – Item 2 – Item 3 – Methods of cooking (at least two) Quality of results (colour, texture, taste, consistency) – Item 1 – Item 2 – Item 3 – Item 4 (nutritious drink)	 1 1 1 2 1 1 1 2 1 1 1 1		
	SUB-TOTAL	14		

	AREAS OF ASSESSMENT	MAXIMUM SCORE	ACTUAL SCORE	REMARKS
3.	PRESENTATION Utensils – Appropriate – Clean Tray setting – Well laundered (1) and laid (1) tray cloth – Fresh flower arrangement available – Correct set up of cutlery and glassware (1) laid at the right position (1) for one person. – Tray not congested Meal presentation – Portion enough for one – Appropriate for the age – Colourful (variety of colours) – Attractive (arrangement of the food on the plate) Hygiene – Food hygiene – during preparation ½ – during cooking ½ – Kitchen hygiene – during preparation ½ – during service ½ – Personal hygiene – when handling food ½ – grooming ½	 ½ ½ 2 1 2 1 1 1 1 2 ½ ½ ½ ½ ½ ½		
	SUB-TOTAL	15		
4.	ECONOMY OF RESOURCES Use of water – Taps closed when not in use – No spillages of water Food – No excess food peelings – Utilise all food ordered Materials – Using materials for the right purpose – No wastage (use of excess materials) Fuel – Simmering when necessary – Switching on and off source of fuel appropriately Clearing up – “Clearing as you go” during the practical session – After work	 ½ ½ ½ ½ ½ ½ ½ ½ 1 1		
	SUB-TOTAL	6		
	TOTAL	50		
	FINAL MARK = $\frac{\text{ACTUAL SCORE}}{2}$	25		