

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 | | |

