

SUNSHINE SECONDARY SCHOOL MOCK 2015

HOME SCIENCE PAPER 3

THE TEST

Your grandfather will pay a visit at your home while your parents are away. Using ALL the ingredients listed below, prepare, cook, and present a one-course lunch for both of you. In addition include a nourishing drink.

Ingredients

- Potatoes/Rice/ maize meal flour
- Liver / minced beef
- Tomatoes
- Onions
- Dhania
- Carrots
- Hoho
- Green leafy vegetables
- Fruit in season
- Milk
- Sugar
- Salt

Planning session: 30 minutes

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

1. Identify the dishes and write down their recipes.
2. Write down your order of work
3. Make a list of the foodstuff and equipment you will require.

PLAN/AREAS OF ASSESSMENT	MAXIMUM SCORE	ACTUAL SCORE	REMARKS
1.PLAN			
Recipes			
• Availability	½		
• Correct quantities	1		
• Correct choice of meal	1		
Order of work			
• Availability	½		
• Dovetailing	1		
• Proper sequencing	1		
List of foodstuffs and equipment			
• Availability	½		
• Adequacy	½		
• Appropriateness	1		
Sub - total	7		
2.PREPARATION			
Correct procedure			
• Protein dish	1		
• Carbohydrate dish	1		
• Vegetables dish	1		
• Drink	1		
Methods of cooking(at least two)			
Quality of results	1		
• Protein dish			
• Carbohydrates dish	1		
• Vegetable dish	1		
• Drink	1		
Sub-total	9		

3. PRESENTATION			
Use of clean(½) well pressed tablecloth(½) use of clean (½) and appropriate utensils	2		
(½) correct placement of cutlery and crockery (½) use of appropriate centre piece (½) garnishes (½) general impression (½)	2		
Sub -total	4		
4. Generally			
Hygiene			
• Personal (½)	1		
• Food hygiene (½)			
Economy of resources			
• Water (½)			
• Food(½)			
• Fuel(½)	2		
• materials(½)			
Sub - total	3		
5 Clearing up			
• During work(1)	1		
• After work(1)	1		
Sub- total	2		
Total	25		