

FOOD AND NUTRITION

HOMESCIENCE PRACTICAL – 441/3

FORM THREE

Planning Session: 30 min

Practical : 1¹/₄ hrs

Instructions:

1. Read the test carefully
2. Textbooks and recipes may be used during the planning session as reference materials

THE TEST

Your friend is visiting to spend a weekend with you. Use the items listed below to prepare, cook and serve breakfast for two. Include 2 dishes to accompany the beverage and fruit.

Ingredients

- Milk
- Tealeaves
- Sugar
- Bread
- Eggs
- Fruits in season
- Margarine

Planning session: 30 min

Use separate sheets of paper to make duplicating copies of the following.

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