

SUBUKIA DISTRICT JOINT MOCK

HOME SCIENCE PAPER III

NAME.....INDEX NO

You are getting ready to go to a boarding school. Using the ingredients below plan, prepare and pack simple lunch for yourself and your friend to be eaten on the way including refreshment.

Write down their recipe; make a list of the food equipment and material to be used in your practical. Write out the organization of work to be carried out.

Ingredients

- Rice/potatoes
- Beef/eggs
- Vegetable in season
- Tomatoes
- Onions
- Cooking fat
- Salt
- Spices (optional)
- Fruit in season
- Sugar

Planning session 30 mins.

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

Identify the dishes and write their recipes.

Write down your order of work

Make a list of the foodstuffs and equipments you will require.

SUBUKIA DISTRICT JOINT MOCK

HOME SCIENCE PAPER 3 (FOOD AND NUTRITION)

MARKING SCHEME

NAME..... INDEX NO.....

SESSION.....

| | AREAS OF ASSESSMENTS | MAX SCORE | ACTUAL SCORE | REMARKS |
|----|--|---|--------------|---------|
| 1 | <p><u>PLAN</u></p> <p>Recipes</p> <p>Availability (1)</p> <p>Correct quantities (1)</p> <p>Suitability (1)</p> <p>Order of work</p> <p>Proper sequence (1)</p> <p>Dove tailing (1)</p> <p>Appropriate list equipment (1)</p> | 3 3 | | |
| | | 6 | | |
| 2 | <p><u>PREPARATION</u></p> <p>Correct choice</p> <p>Correct procedure</p> <p>Protein dish (1)</p> <p>Carbohydrate dish (1)</p> <p>Vegetable (1)</p> <p>Drink (1)</p> <p>Quality of Results</p> <p>Protein dish (1)</p> <p>Carbohydrate dish (1)</p> <p>Vegetable dish (1)</p> <p>Drink (1)</p> | 1 4 4 | | |
| | | 9 | | |
| 3. | <p><u>PRESENTATION.</u></p> <p>Use of clean ($\frac{1}{2}$) and appropriate ($\frac{1}{2}$) table ware</p> <p>Well set tray (if tray not used award zero)</p> <p>Use of clean ($\frac{1}{2}$) well pressed ($\frac{1}{2}$) tray cloth</p> <p>Appropriate centre piece (1)</p> | 2 1 1 | | |
| | | 4 | | |

| | AREAS OF ASSESSMENTS | MAX SCORE | ACTUAL SCORE | REMARKS |
|----|---|-----------|--------------|---------|
| 4. | Hygiene Food $(\frac{1}{2})$ Equipment $(\frac{1}{2})$ Personal $(\frac{1}{2})$ Surface $(\frac{1}{2})$ | 2 | | |
| | | 2 | | |
| 5. | Economy of resources Water $(\frac{1}{2})$ Food $(\frac{1}{2})$ Fuel $(\frac{1}{2})$ Materials $(\frac{1}{2})$ | 2 | | |
| | | 2 | | |
| 6 | Clearing up During work After work | 1 1 | | |
| | TOTAL | 25 | | |
| | SCORE | | | |
| | | | | |