

441/3
FOODS AND NUTRITION
PAPER 3
PRACTICAL
1 ¾ HOURS



ALLIANCE GIRLS HIGH SCHOOL
MOCK 2014
FOODS AND NUTRITION
PAPER 3
1 ¾ HOURS

Instructions to candidates

PLANNING SESSION: 30minutes
PRACTICAL TEST SESSION: 1 ¾ hours

- a) Read the test carefully
- b) You are expected to use pages of the question paper as stationery for your work.
- c) Text books and recipes may be used during the planning session as reference materials.
- d) You will be expected to keep to your order of work during the practical session.
- e) You are only allowed to take away your reference materials at the end of the planning session.
- f) You are not allowed to bring additional notes to the practical session.
- g) This page consists of 2 printed pages.
- h) Candidates should check the question paper to ascertain that both pages are printed as indicated and that no page is missing.

THE TEST

Your mother is down with a flu. Using all the ingredients listed below, prepare, cook and present a two course meal for both of you.

Ingredients

- Spaghetti/Green bananas
- Minced meat/Liver
- Fat/Oil
- Salt
- Tomatoes
- Onions
- Carrots
- Fresh coriander
- Green leafy vegetables
- Bread

PLANNING SESSION: 30minutes

For each task listed below, use separate pieces of paper and make duplicate copies using carbon paper then proceed as follows:

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