**THE TEST**

Homescience club in your school has been invited for a hiking event outside the school. Using the ingredients listed below, prepare, cook and present two snack items and a nutritious drink for yourself and another member accompanying you.

**Ingredients**

* Wheat flour
* Cooking fat
* Passion fruits / oranges
* Tomatoes
* Sugar
* Sausages / eggs
* Salt
* Baking powder

**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 beverage and the tea items, then write down their recipes.
2. Write down your order of work.
3. Make a list of the food stuffs and equipments you will require.

**MARKING SCHEME**

**FOOD AND NUTRITION 441/3**

**PAPER 3**

**CANDIDATES NAME: …………………………………………….. INDEX NO…………**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. **AREA OF ASSESSMENT**
 | Max score | Actual | Remark |
| Plan of work1. Dovetailing overlapping of activities
 | 2 |  |  |
| 1. Appropriate sequencing
 | 3 |  |  |
| 1. Correct recipes
* Protein dish
* Carbohydrate dish
* Refreshing drink
 | 333 |  |  |
| 1. Correct order of equipments
 | 3 |  |  |
| 1. Correct order of food stuffs (quantities)
 | 3 |  |  |
| **Total**  | **20** |  |  |
| 1. **GENERAL EFFICIENCY**
 |  |  |  |
| 1. Hygiene during work
 | 2 |  |  |
| 1. Economy of fuel, water, food stuffs
 | 3 |  |  |
| 1. Ability to follow plan
 | 2 |  |  |
| **Total**  | **7** |  |  |
| 1. **PREPARATION AND PACKING OF TWO SNACKS AND NUTRITION DRINK**
 |
| 1. Choice of dishes two snacks
 | 2 |  |  |
| 1. Suitability of drink
 | 1 |  |  |
| 1. Variety of cooking method (at least 2)
 | 2 |  |  |
| 1. Correct procedure for:

Protein dishCarbohydratesNutritious drink | 111 |  |  |
| **Total** | **8** |  |  |
| 1. **QUALITY OF RESULTS**
 |  |  |  |
| 1. Protein dish
 | 1 |  |  |
| 1. Carbohydrates
 | 1 |  |  |
| 1. Nutritious drink
 | 1 |  |  |
| **Total** | **3** |  |  |
| 1. **CORRECT PACKING**
 |  |  |  |
| 1. Use of portable container
 | 1 |  |  |
| 1. Clean containers
 | 1 |  |  |
| 1. Appropriate containers
 | 1 |  |  |
| 1. Appropriate
 | 1 |  |  |
| 1. Appropriate amount of food
 | 2 |  |  |
| **Total** | **5** |  |  |
| 1. **DISPLAY OF FOOD PACKED FOR TWO (TABLE SET AWARD 0)**
 |  |  |  |
| 1. Food items not wrongly piled
 | 1 |  |  |
| 1. No smudges
 | 1 |  |  |
| 1. Containers not overcrowded
 | 1 |  |  |
| 1. Neatly arranged
 | 1 |  |  |
| 1. Cleaning and clearing:
* During work
* After work
 | 11 |  |  |
| **Total** | **6** |  |  |
| **Total marks** | **50** |  |  |

**Final mark = total marks ÷ 2 = 25**