

SUNSHINE SECONDARY SCHOOL MOCK 2019
HOMESCIENCE 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.