

### 3.13.3 Home Science (Food and Nutrition) Paper 3 (441/3)

#### THE TEST

You have been contracted by a catering firm to provide lunch for manual workers at a construction site.

Using the ingredients listed below:

- (i) prepare, cook and present a one course meal for two manual workers.
- (ii) prepare and present a nutritious drink for two manual workers.

#### Ingredients:

- Maize flour/green bananas/rice
- Beef/beans
- Green leafy vegetables/cabbage
- Tomatoes
- Carrots
- Onions
- Fat/oil
- Salt
- Margarine
- Sugar
- Fruits in season.

#### PLANNING SESSION - 30 minutes

For each task listed below, use separate sheets of paper and make duplicate copies using carbon paper.

Proceed as follows:

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