

HOMESCIENCE
FOODS AND NUTRITION
Paper 3
PRACTICAL
July 2023
1 ¼ hours

Candidate's Name Session

Teachers Name

AREAS OF ASSESSMENT	MAXIMUM SCORE	ACTUAL SCORE	REMARKS
1. PLAN			
Recipes			
Available	1		
Correct quantities	2		
Correct choice	2		
Order of work			
Available	1		
Proper sequencing (written)	2		
Dovetailing	2		
List of foodstuffs			
Available	1		
Adequacy (enough for two)	2		
Appropriateness	1		
List of equipment			
Availability	1		
Adequacy	1		
Appropriateness	1		
Sub-total	17		
2. PREPARATION AND COOKING			
Correct procedure and preparation			
Dish 1	1		
Dish 2	1		
Dessert	1		
Correct procedure for cooking			
Dish 1	2		
Dish 2	2		
Method of cooking (at least 2)	1		

Quality of results (Colour, texture, taste, consistency)			
Dish 1	2		
Dish 2	2		
Dessert	2		
Sub-total	14		
3. PRESENTATION			
Utensils			
Appropriate	1		
Clean	1		
Table layout			
Well laid table	1		
Centre piece (mark by impression)	2		
Correct set up; cutlery & glassware (1), laid at right position (1)	2		
Salt shaker well placed	1		
Hygiene			
Food hygiene - during preparation (½)	1		
- during cooking (½)			
Kitchen - during preparation (½)	1		
- during service (½)			
Personal - when handling food (½)			
- grooming (½)			
Sub-total	11		
4. ECONOMY OF RESOURCES			
Use of water			
Taps closed when not in use	½		
No spillage of water	½		
Food			
No excess food peelings	½		
Utilises all food ordered	½		
Material			
Using materials for the right purpose	½		
No wastage (use of excess material)	½		
Fuel			
Simmering when necessary	½		
Switching on and off sources of	½		

fuel appropriately			
Cleaning up	2		
‘‘Clearing as you go’’ during the practical session	2		
After work			
Sub-total	8		
TOTAL	50		
Final Mark = $\frac{\text{Actual Score}}{2}$	25		

