441/3

HOME SCIENCE (FOOD AND NUTRITION)

PAPER 3

PRACTICAL SEPTEMBER 2021.

1 ¾ HOURS

THE EAGLE JOINT EXAMINATION

INSTUCTION TO CANDIDATES

PRACTICAL TEST SESSIONS 1 ¼ HOURS

1. Read the text carefully
2. Write your name and index number on every sheet of paper used
3. Textbooks and recipes may be used during planning sessions as reference materials
4. You will be expected to keep to your order of work during the practical session.
5. You are only allowed to take away your reference material at the end of the planning session
6. You are not allowed to bring additional notes to the practical session

Planning session 30 min

For each task listed below use a separate piece of paper and a carbon paper to duplicate copies then proceed as follows:

1. Identify the dishes and write down their recipe
2. Write down your order of work
3. Make a list of food stuffs, equipment and cleaning materials you require.

Your father’s friend is visiting your home. Prepare cook and present a three course breakfast for the two. Use the ingredients below

INGREDIENTS

Irish potatoes/sweet potatoes/wheat flour

Weetabix/ cornflakes

Sorghum flour/ millet flour

Bread

Onion

Carrot

Egg/ sausage

Sweet pepper/ tomatoes

Fat/oil

Sugar

Salt

Milk

Fruit in season

Tea/ cocoa/ chocolate

Cabbage/ lettuce