**FORM 4 PAPER 3 MECS**

MARKING SCHEME

FOOD AND NUTRITION

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | AREAS OF ASSESSMENT | MAXIMUM SCORE | ACTUAL SCORE | REMARKS |
| 1 | PLANRecipes* Availability (4×½)
* Correct quantity (4×½)
* Appropriate

Order of work* Availability
* Proper sequencing

List of food stuffs* Availability
* Adequacy (for two)
* Appropriate

List of equipment* Availability
* Adequacy
* appropriate
 | 22211122111 |  |  |
|  | Subtotal  | 16 |  |  |
| 2 | PREPARATION AND COOKING* item 1
* item II
* item III
* tea

Correct procedure for cooking* item I
* item II
* item III
* tea
* methods of cooking (at least two)

Quality of results (colour, texture taste consistency)* item I
* item II
* item III
* tea
 | 1111111121111 |  |  |
|  | Sub total | 14 |  |  |
| 3 | PRESENTATIONUtensils* appropriate
* clean

Tray layout* clean, ironed well laid tray cloth
* centre piece (appropriate size and placement)
* correct set up cutlery and crockery(1) and at the right position (1)
* accompaniments(salt/sugar dish)

Hygiene * food hygiene – during preparation and cooking ( ½ )
* kitchen hygiene – during preparation( ½ ) service ( ½ )
* personal hygiene – in handling food ( ½ ) and grooming ( ½ )
 | 112221111 |  |  |
|  | Sub total | 12 |  |  |
|  | ECONOMY OF RESOURCES* Water – no running taps ( ½ ) no misuse of water ( ½ )

Food* No excess food peelings ( ½ )
* All ordered food used ( ½ )

Materials* Used for right purpose ( ½ )
* No wastage ( ½ )

Fuel * Switched off after use ( ½ )
* Simmering when necessary/use correct size of pan ( ½ )
 | 1111 |  |  |
| Subtotal  | 4 |  |  |  |
|  | CLEARING UP* During work
* After work
 | 22 |  |  |
|  | SUB TOTAL | 4 |  |  |
|  | GRAND TOTAL | 50 |  |  |
|  | FINAL WORK=ACTUAL SCORE 2 |  |  |  |

* Two course meal for a sister and you
* Juice
* Minced meat stew/stewed liver
* Boiled rice/mashed potatoes
* Steamed leafy vegetables