**FORM 4 PAPER 3 MECS**

MARKING SCHEME

FOOD AND NUTRITION

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | AREAS OF ASSESSMENT | MAXIMUM SCORE | ACTUAL SCORE | REMARKS |
| 1 | PLAN  Recipes   * 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 | 2  2  2  1  1  1  2  2  1  1  1 |  |  |
|  | 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 | 1  1  1  1  1  1  1  1  2  1  1  1  1 |  |  |
|  | Sub total | 14 |  |  |
| 3 | PRESENTATION  Utensils   * 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 ) | 1  1  2  2  2  1  1  1  1 |  |  |
|  | 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 ) | 1  1  1  1 |  |  |
| Subtotal | 4 |  |  |  |
|  | CLEARING UP   * During work * After work | 2  2 |  |  |
|  | 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