**HOMESCIENCE**

**FORM 4**

**PAPER 441/3**

**FOODS & NUTRITION**

**PLANNING**

**TIME: 30 MINUTES**

**THE TEST**

You are taking care of your sick mother who is recuperating at home. Using the ingredients listed below, plan, prepare and present on a tray a breakfast for the two of you.

**Ingredients**

* Plain wheat flour/self raising
* Bread/sweet potatoes/arrowroots
* Margarine (optional)
* Tomatoes
* Onions
* Eggs/sausages
* Drinking chocolate/tea/cocoa/coffee
* Milk
* Sugar

**PLANNING SESSION: 30 MINS**

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

1. Identify the dishes and write their parents
2. Write your order of work
3. Make a list of foodstuffs and equipment you will require