

### 3.13.3 Home Science (Food and Nutrition) Paper 3 (441/3)

#### THE TEST

Your two friends spent the night at your house. Using all the ingredients listed below, prepare, cook and present two suitable items for breakfast for the three of you. Include a beverage.

#### Ingredients

fat/oil

salt

eggs

sugar

cocoa/ tea leaves

self raising wheat flour/ plain wheat flour

baking powder

milk

arrow roots/ sweet potatoes

#### Planning Session: 30 minutes

For each task listed below, use separate sheets of paper and make duplicate copies using carbon paper. Then proceed as follows;

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