

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

THE TEST [Past Papers: Visit - www.elimucentre.com](http://www.elimucentre.com)

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.