



EXAMINATIONS COUNCIL OF ESWATINI Junior Certificate Examination

CONSUMER SCIENCE

540/03

Paper 3

September / October 2019

PRACTICAL TESTS

Planning Session : 1 $\frac{3}{4}$ hours

Practical Session : 2 $\frac{1}{2}$ hours

Read the instructions on page 2

This document consists of **3** printed pages and **1** blank page.

INSTRUCTIONS TO CANDIDATES

When you know which test is assigned to you, read it carefully.

Choose your dishes and with the help of your note books and cookery books do the following on the forms provided.

1. **(a)** Make sure you write your candidate **number** and **name** on all your answer sheets

 Write the number of the test on each sheet.

 (b) All sheets must be in **duplicate**.
 (Use carbon paper)
2. **(a)** On **Sheet 1** write down the **choice of work** and recipes of the dishes you have decided to prepare.

 (b) On **Sheet 2** write a **plan of work** to show the order in which you will carry out the practical.

 (c) On **Sheet 3** make a **shopping list** showing quantities of ingredients for the whole test.
3. **(a)** Hand in all papers to the invigilator, that is, the Question Paper, choice of work, order of work and shopping list.

 (b) You may **not** take away any paper and you may **not** bring fresh notes to the Practical planning Examination.

Test 1

- A. Using frozen fish, prepare, cook and serve a main dish for an evening meal for the family. Serve the main dish with suitable accompaniments to balance the meal.
- B. Prepare a dessert using fresh fruits and serve it with a suitable sauce.
- C. Wash and finish a white school shirt.

Test 2

- A. Using a yeast dough prepare, bake and serve bread rolls.
- B. Using the rolls prepare a balanced packed meal to eat at school using chicken as a protein. The meal must include a fresh refreshing beverage.
- C. Clean a wooden pastry board.

Test 3

- A. Prepare, cook and serve a balanced lunch meal for a male adult using grilling as a method of cooking.
- B. Make a small cake using the Rubbing-in method.
- C. Wash and sterilize a feeding bottle.

Test 4

- A. Prepare a sweet and a savoury dish using cheese.
- B. Serve the savoury dish with suitable accompaniments to make a balanced supper for your friends who are coming to visit.
- C. Clean a window in the Consumer Science Department.

Test 5

- A. Show your skill in making one sweet and one savoury dish using a pouring sauce.
- B. Serve the savoury dish with suitable accompaniments to make a balanced lunch for an elderly woman; who is hospitalized. Include a nourishing beverage.
- C. Wash and finish a handkerchief with a fresh blood stain.

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