**FOOD AND NUTRITION**

**HOMESCIENCE PRACTICAL – 441/3**

**FORM THREE**

**Planning Session: 30 min**

**Practical : 1**

**Instructions:**

1. Read the test carefully
2. Textbooks and recipes may be used during the planning session as reference materials

**THE TEST**

Your friend is visiting to spend a weekend with you. Use the items listed below to prepare, cook and serve breakfast for two. Include 2 dishes to accompany the beverage and fruit.

**Ingredients**

* Milk
* Tealeaves
* Sugar
* Bread
* Eggs
* Fruits in season
* Margarine

**Planning session: 30 min**

Use separate sheets of paper to make duplicating copies of the following.

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