

S.4 FOODS AND NUTRITION

Planning paper

1. Your young brother is recovering from fever

A] Prepare a main course of a lunch for him.

B] Prepare, cook and pack for him a suitable evening snack to carry as he goes for medical review.

C] Prepare and serve a fresh fruit salad for yourself

2a] Prepare, cook and serve one interesting dish from each of the following food stuffs.

i] a cereal

ii] meat

iii] fruits

B] Select and prepare accompaniments to two of the dishes above to complete a two course meal for an expectant mother.

3a] Prepare, cook and serve meat curry and chapatti for three hockey team players.

B] Select and prepare accompaniments to complete a main course of the meal in 3a] above.

C] Making use of the following skills;

i] rubbing in,

ii] grating.

Prepare a dish in each skill that can be suitable for a victory tea break.

4a] You are caring for your elderly grandfather.

A] Prepare, cook and serve a two course meal for him.

B] Prepare rock buns and serve with tea on a tray for your evening snack.

5a] Three primary school teachers are holding their end of term planning meeting in your school.

A] Prepare, cook and serve a two course meal for supper. The meal should include a traditional dish

B] Prepare a Victoria sandwich to show your skills in baking.

Note; Draw and use planning sheets[1,2,3,4]