

S.4 FOODS AND NUTRITION PLANNING TEST

ANSWER ALL QUESTIONS.

1. a) Prepare, cook and serve a traditional meal for three elderly ladies including a drink.
b) Make a fatless cake and bread rolls for their break tea accompaniment.
2. a) Show your skills in using the following processes in cookery.
 - i. Stuffing
 - ii. Preservationb) Prepare breakfast for your Head teacher and his deputies.
3. You are going for a picnic with your two young brothers;
 - a) Prepare and pack two interesting dishes and hot drink for the picnic.
 - b) Prepare, cook and serve a main meal for your strict vegetarian parents.
4. a) Prepare a two course meal for a family off our using fish fillet and serve with chips as part of the meal.
b) Prepare mixed vegetables to serve with the meal.
c) Show your skill in making a dish using rub-in method.)0
5. a) prepare rough puff pastry and use it to make two varied dishes of your choice.
b) Prepare other dishes and together with one of the dishes in (a) above to serve a complete main course for three adolescents.
c) make cookies and serve with tea.
6. Your father is turning 50 years;
 - a) Make and decorate a rich birthday cake for the celebration.
 - b) Using the following, make four interesting dishes to be served at the party.
 - i. Fresh fruits
 - ii. Green leafy vegetables
 - iii. Baking
 - iv. Steaming