

1. THE TEST

It is visiting day for your sister who is in boarding school and you intend to visit her. Using all the ingredients listed below, prepare, cook and pack two food items for her to eat with her friend. Include a nutritious drink.

Ingredients.

Wheat flour.
Baking powder.
Sugar.
Margarine.
Eggs.
Milk/water.
Meat/minced meat/liver/green grams.
Onions.
Garlic.
Cooking oil.
Salt.
Spices.(optional).
Fruits in season.

PLANNING SEASON-30 Minutes

Use separate sheets of paper for each task listed below and a carbon paper to make duplicate copies.

Then proceed as follows:

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