



EXAMINATIONS COUNCIL OF SWAZILAND JUNIOR CERTIFICATE EXAMINATION

Home Economics Practical

539/01

Paper 1

October 2014

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

MARKS: 100

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

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 **examination 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 examination.

This question paper consists of 4 printed pages

TEST 1

- A. Show your skill in making one sweet and savoury dish using a pouring sauce.
- B. Serve one of the dishes with suitable accompaniments for a midday meal you will share with a friend. Include a refreshing beverage.
- C. Wash and finish a doiley.

TEST 2

- A. Prepare, cook and serve a main meal for a convalescent that includes fish as a main dish.
- B. Prepare a cake using the melting method.
- C. Clean a wooden pastry board.

TEST 3

- A. Prepare, cook and serve steamed mealie bread and serve it with a beef stew.
- B. Prepare one cooked and one raw vegetable to complete the meal.
- C. Clean an aluminium sauce pan.

TEST 4

- A. Prepare yeast rolls and serve with fried chicken coated with bread crumbs and a salad to take on a school trip.
- B. Prepare a refreshing drink to accompany the meal.
- C. Wash and finish a synthetic blouse.

TEST 5

- A. Prepare, cook and serve a two-course supper meal for an elderly woman.
- B. Bake savoury scones.
- C. Wash and finish a nylon night dress.

TEST 6

- A. Prepare, cook and serve a balanced midday meal for a manual worker using outdoor facilities.
- B. Prepare biscuits using the creaming method and bake in an oven.
- C. Clean a three- legged pot and prepare it for long storage.

TEST 7

- A. Prepare, cook and serve a midday meal suitable for a toddler.
- B. Prepare and bake a cake using the whisking method.
- C. Wash and finish a knitted jersey.

TEST 8

- A. Prepare a balanced breakfast meal for a lacto- vegetarian to include a cooked protein, cooked cereal, a vegetable and a nourishing beverage.
- B. Prepare and bake breakfast scones to serve with the breakfast meal.
- C. Wash and finish cotton shorts for a school boy.

TEST 9

- A. Prepare, cook and serve a main dish using pulses and serve it with two accompaniments to form a balanced meal.
- B. Serve a dessert to accompany the meal.
- C. Clean an oil-painted Home Economics door.

TEST 10

- A. Prepare and cook a main dish using cheese and serve with suitable accompaniments in a supper meal for a family of two.
- B. Prepare and bake biscuits using the melting method.
- C. Launder a pair of non-fast-coloured cotton (*umhelwane*).

TEST 11

- A. Using chicken for a main dish, prepare a main meal for your parents to be served for lunch.
- B. Prepare cook and serve a steamed pudding.
- C. Wash and finish a cotton table cloth.

TEST 12

- A. Prepare, cook and serve three dishes each using one of the following:
 - (i) Casserole dish
 - (ii) Cake tin
 - (iii) Flan ring
 - (iv) Steaming bowl
 - B. Make a drink using fruits.
 - C. Wash and sterilize a baby's feeding bottle.
-