NOTE: Eight tests to be selected by the teacher.

MARKS: 60

TIME: For writing the plan of work 1½ hour
      For preparation on day of test ¼ hour
      For test 2½ hours

INSTRUCTIONS TO CANDIDATES FOR PREPARATION SESSION

Study the test you have been given.
You are given 1½ hours in which to:

1 (i) Make a plan of work (in duplicate using carbon paper) giving:
    - the number of the test you have drawn.
    - a list of dishes chosen with recipes (not the method).
    - the article(s) to be laundered (a full description should be given, e.g. dirty small, coloured cotton table cloth).
    - the article(s) needed for housewifery.

(ii) On the plan of work show the basic method you are going to use and the order in which you are going to do your test, indicating the time at which you will start each piece of practical work.

2 On another sheet of paper (in duplicate using carbon paper) make:
    - A list of ingredients you require.
    - A list of cleaning materials you require.
    - A list of equipment you will need.

NOTE: recipe books may be used during the preparation session, but they may not be used during the Practical Examination, as you will refer to your plan of work.
PRACTICAL COOKERY, HOUSECRAFT, AND PARENTHOOD

1 You are looking after an HIV patient:
   (a) Prepare a two course meal using beans as a protein.
   (b) Launder his/her night wear and a handkerchief.
   (c) Clean the stove you have used.
   (d) Make a flower arrangement for him.
   (e) Display the work.

2 You are having a house warming party:
   (a) Prepare three traditional dishes and suitable accompaniments.
   (b) Prepare two fruit drinks from local fruits which are in season.
   (c) Shampoo a carpet or clean a reed mat or linoleum mat.
   (d) Clean a vanished coffee table.

3 Your school is having an inter school event with Student Partnership Worldwide (SPW):
   (a) Using local grown vegetables, prepare a meal constituting of
       nshima/buhobe, boiled dry fish and vegetables with groundnuts
   (b) Prepare local s:nacks using Sweet Potatoes or cassava with roasted
       groundnuts.
   (c) Launder a table runner.
   (d) Clean a reed mat.
   (e) Display your work.

4 You are helping your mother with the day’s work at home:
   (a) Make jam tarts and meat pies using 200g short crust pastry for each dish.
   (b) Serve tea for two on a tray.
   (c) Clean her basket and food cover.
   (d) Prepare simple breakfast.
   (e) Display your work attractively.
5  Your young sister is going for a party:
   (a) Prepare small cakes to take to the party.
   (b) Make a nourishing drink.
   (c) Launder and remove cocoa stains from a white tray cloth.
   (d) Clean a cement floor.
   (d) Pack the food.

6  Your Church elder is coming for a visit:
   (a) Prepare meat stew and suitable accompaniments.
   (b) Prepare Victoria sandwich cake.
   (c) Launder 2 pillow-cases.
   (d) Clean the bedroom he is going to use.
   (e) Display your work.

7  The District Education Board Secretary is visiting your school and you have been asked to prepare a luncheon for him/her:
   (a) Make a vegetable salad.
   (b) Prepare one dish as protein and a carbohydrate dish to accompany salads.
   (c) Make a cold drink.
   (d) Clean and polish your school shoes.
   (e) Launder a night dress or pajamas.
   (f) Display your work.

8  Your friend is coming to visit you:
   (a) Prepare nshima and dried meat or fish with groundnuts and vegetable stew.
   (b) Prepare a traditional drink.
   (c) Launder a pair of bed-sheets he/she is going to use.
   (d) Clean and make the bed he/she will use.
   (e) Display your work.
9 It is your young brother's birthday:
   (a) Prepare him a cake using 200g, flour and make some pop cons.
   (b) Make a cold drink to be served with the cake.
   (c) Clean and arrange the room for the birthday party.
   (d) Make flower arrangement for the table.
   (e) Launder a food cover to be used.

10 Your school is hosting school open-day:
   (a) Launder a table cloth to use on the school manager's table.
   (b) Prepare pan-cakes and lemon drinks.
   (c) Prepare biscuits using rubbing in method.
   (d) Clean the staff-room.
   (e) Display your work.
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