



EXAMINATIONS COUNCIL OF ESWATINI
Eswatini Primary Certificate Examination

CONSUMER SCIENCE

627/02

Paper 2 **PRACTICAL**

October/November 2019

2 hours 30 minutes

READ THE INSTRUCTIONS ON PAGE 2 FIRST

Answer **one** Test that is allocated to you.

Fill in sheets 1, 2 and 3 in duplicate and hand in all papers to the invigilator.

This document consists of **6** printed pages and **2** blank pages.

Planning Session: 1 hour 30 minutes

When you know which test is given to you, read it carefully, then prepare a plan of work and a list of ingredients as follows, using carbon paper to produce duplicate sheets:

1. Sheet 1

Write down the dishes you are going to make.

2. Sheet 2

Complete the plan of work to briefly show the order and time in which you will do your work from the beginning to the end.

3. Sheet 3

Make a list of the total quantities of the ingredients required.

4. Write your **name**, candidate **number** and **test number** on all your planning sheets.

5. At the end of the examination, you are expected to hand in all your work to the invigilator.

PRACTICAL TESTS**Test 1**

- A. Prepare, cook and serve the following traditional dishes: thick porridge, cabbage relish and *emahewu*.

Thick porridge

- 2 c mealie meal
- $\frac{1}{4}$ tsp salt
- Enough water

Cabbage relish

- $\frac{1}{4}$ cabbage
- 1 onion
- 1 small tomato
- $\frac{1}{2}$ c ground peanuts
- $\frac{1}{4}$ c carrot strips
- $\frac{1}{4}$ cube vegetable stock
- $\frac{1}{2}$ tsp aromat
- 3 shallots (garnish)

Emahewu

- 2 cups mealie meal
- 4 t sugar
- Enough water

- B. Wash and iron a child's uniform using soap, water and a fabric softener.

Test 2

- A. Prepare, cook and pack a meal for your Head teacher who is going for a meeting using fried chicken, rice fritters and lettuce salad.

Fried chicken

- 2 chicken pieces
- $\frac{1}{2}$ t aromat
- $\frac{1}{4}$ c cooking oil
- $\frac{1}{2}$ t chicken spice

Rice fritters

- 1 c cooked rice
- ½ beaten egg
- 4 T flour
- ½ c cooking oil

Lettuce salad

- 2 lettuce leaves
- ¼ sliced cucumber
- 1 tomato
- ¼ onion
- 1 T salad dressing

B. Clean a frying pan using soap, water and steel wool.

Test 3

A. Prepare, cook and serve a breakfast meal for one invigilator using the following ingredients.

Oat meal porridge

- 1c oats meal
- 1c milk
- ¼ c sugar
- ½ t salt

Egg mayonnaise sandwich

- 2 slices of toasted bread
- 1 boiled egg
- ½ t aromat
- 2 slices of tomato
- 1 lettuce leaf
- 1 T mayonnaise
- 1 T finely chopped onion

Tea

- 1 tea bag (rooibos tea)
- $\frac{1}{4}$ c sugar
- $\frac{1}{2}$ c milk

B. Wash a woollen scarf using soap, water and glycerine.

Test 4

A. Prepare a light nutritious meal for your friend who is recovering from an illness. Use the following dishes:

Mashed potatoes

- 3 medium-sized potatoes
- $\frac{1}{4}$ t salt
- Fresh parsley leaf
- 3 t milk
- 1 t margarine

Steamed chicken

- 2 chicken pieces
- $\frac{1}{2}$ onion
- 1 t aromatiser
- 1 t chicken spice

Boiled mixed vegetables

- 1 medium sized carrot
- $\frac{1}{4}$ c chopped green beans
- $\frac{1}{2}$ t aromatiser.
- 1 t margarine

B. Clean a wooden chopping board.

Test 5

A. Prepare, cook and serve the following dishes using fruits.

Fruit Scones

- 250 ml plain flour
- 25 g margarine
- 5 ml baking powder
- 30 ml sugar
- 70 ml milk
- 25 ml currants
- ½ an egg

Fruit salad

- 1 green apple
- 1 orange
- 1 banana
- 6-8 grapes (**optional**)
- ½ lemon
- 1 cup boiling water
- 3 T sugar

Lemonade

- 1 lemon
- 250 ml boiling water
- 2 t sugar

B. Clean **two** glass tumblers using liquid soap, water and vinegar.

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