



EXAMINATIONS COUNCIL OF ESWATINI
Eswatini Primary Certificate Examination

CONSUMER SCIENCE

627/02

Paper 2 (Practical)

October / November 2022

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.

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.

Food preparation, Home Management and Laundry Practicals.**TEST 1**

A. Prepare, cook and serve lunch for a manual worker using the following ingredients:

Boiled mealie rice

- 2 C mealie rice
- Enough water
- $\frac{1}{4}$ t salt
- 1 t cooking oil

Chicken offal stew

- 200g mixed chicken offals (gizzards)
- 1 small onion
- $\frac{1}{2}$ green pepper
- 2 T spicy curry
- 250 ml chicken stock
- $\frac{1}{2}$ t aromatis
- 2 T cooking oil

Coleslaw

- $\frac{1}{4}$ small cabbage
- $\frac{1}{4}$ carrot
- 2 T mayonnaise
- $\frac{1}{4}$ t aromatis

B. Wash and clean a wooden chopping board using soap, water and a kitchen brush.

TEST 2

- A.** Your brother is recovering from sickness. Use the steaming method to prepare fish.
Serve with mashed potatoes and orange juice, using the following ingredients for each dish:

Mashed potatoes

- 2 medium potatoes
- a pinch of salt
- 1 t margarine

Steamed fish

- 1 slice of fish
- 30g margarine
- Salt to taste
- 1 t lemon juice

Orange juice

- 2 oranges

- B.** Clean an aluminium saucepan using steel wool, soap and water.

TEST 3

- A.** You are going on a school trip. Prepare, cook and pack a meal for yourself using the following ingredients:

Steamed mealie bread (jeqe)

- ¼ C mealie meal
- 200g self-raising flour
- 2T sugar
- 100g margarine
- Enough water or milk to mix

Chicken breasts with honey-and orange-glaze

- 1 T oil
- ½ onion, finely chopped
- 1 clove of garlic
- 2 T honey or syrup
- The juice of one orange
- 2 chicken breasts, wiped clean and seasoned with salt and pepper

Lemonade

- 1 lemon
- 50g sugar
- 500 ml of water

- B.** Clean your greasy lunch plastic container using water, cloth/sponge and soap.

TEST 4

- A.** Display your skill and knowledge on the use of left-over food by preparing rice salad and banana fritters. Serve the dishes with fruit salad.

Rice salad

- 1 C rice
- ½ carrot
- 1 egg
- ¼ green pepper
- 2 T mayonnaise
- 1 t chopped onion
- Parsley (optional)

Banana fritters

- 1 big ripe banana
- 4 T cake flour
- ½ C cooking oil
- 1 t bicarbonate of soda
- 1 egg

Fruit salad

- 1 apple
- 1 orange
- 1 banana
- ½ C grapes (optional)
- ½ C syrup (white sugar dissolved in boiling water and cooled)

- B.** Clean and line a plastic refuse bin using soap, jeyes fluid, mutton cloth and a refuse bag.

TEST 5

- A.** Prepare, cook and serve thick porridge and grilled meat using outdoor facilities. Serve it with a green salad. Use the following ingredients for each dish:

Thick porridge

- 2 C mealie meal
- Water
- $\frac{1}{4}$ t salt

Grilled beef

- 200g steak
- Salt to taste
- 2 t barbecue spice

Green salad

- $\frac{1}{2}$ small green pepper
- $\frac{1}{2}$ onion
- $\frac{1}{4}$ cucumber
- $\frac{1}{2}$ tomato
- 2 T French dressing

- B.** Clean the glass salad bowl you used for preparing the green salad.

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