

SC7023  
WASSCE 2020  
FOODS AND  
NUTRITION 3  
Practical  
1 hour + 3 hrs.

3

Name .....

Index Number.....

THE WEST AFRICAN EXAMINATIONS COUNCIL  
West African Senior School Certificate Examination  
for School Candidates

FOODS AND NUTRITION 3

Preparation Time: 1 hour

Practical Examination: 3 hours

SC 2020

PRACTICAL

Instructions to Candidates and Preparation Sheets

1. The test is on the next page.
2. Read the test carefully.
3. During the next **1 hour** you must complete this form **using the carbon paper provided** and so making two copies. When completed, carefully tear out the carbon copy for your own use during the practical examination, and hand it with the original to the Examiner.
4. In Section A give the:
  - (a) dishes chosen;
  - (b) reasons for your choice;
  - (c) quantity of ingredients used for **each** dish.
5. In Section B give the **total quantity of all** ingredients required.
6. In Section C give a time-plan showing the order of work; do **not** write out methods.
7. The blank pages 3 and 4 may be used for rough work.
8. There will be a preparation period of **1 hour** before the test begins. In the **3-hour** practical examination, you **must** complete the cooking, serving and washing-up. You will be expected to keep to your time-plan.

Your mother has been advised by her physician to stay off calorie-densed foods.

- (a) Prepare a two-course meal for her lunch;
- (b) Using sugar or salt, make a preserve;
- (c) Set the lunch table.