

NAMIBIA SENIOR SECONDARY CERTIFICATE

HOME ECONOMICS ORDINARY LEVEL

6155/3

PAPER 3 Practical Test

Marks 100

Preparation: Section A: 1 hour 30 minutes

Practical: 2 hours

Evaluation: Section B: 30 minutes

September 2022

Additional Materials: Carbonised Sheets
Calculator

READ THESE INSTRUCTIONS FIRST

- Write your Centre Number, Candidate Number, Candidate Name and number of chosen assignment (question number) on all the work you hand in.

ORDINARY LEVEL

This document consists of 4 printed pages.



Republic of Namibia

MINISTRY OF EDUCATION, ARTS AND CULTURE

Read the assignments (questions) on page 4 carefully.

Choose **one** of the assignments (questions), then complete **all** parts of **Section A** below.

SECTION A

Written Preparation (1 hour 30 minutes)

- 1 (a) Complete the *Plan of Work* by writing down the names of the dishes chosen and the ingredients with quantities for each dish. Use only the recipes in the Recipe Booklet.
(b) Complete the *Time Plan* by indicating in 5-15 minute time intervals, the methods to be used and the sequence in which they will be carried out. State the cooking temperature and times in the column for special points.
(c) Complete the *Shopping List* by listing the total amount of each ingredient required.
- 2 After completing Section A, give all the sheets, question papers and recipe booklet to the teacher. One copy of the sheets and the recipes will be returned to you at the beginning of the Practical Session. You will be expected to keep to your plan. Constant reference to the recipes should be avoided during the Practical Session.

SECTION B**Evaluation (30 minutes)**

- 1 You must complete this section on the blank carbonised sheets provided **after** the Practical Session.
- 2 Evaluate your own work and comment on your achievements. You may taste the dishes and make practical suggestions for improvements.
- 3 Comment in full sentences on the following:
 - reasons for choice of dishes;
 - time management during practical as a whole;
 - sequence of planned work according to the *Time Plan*;
 - skills and techniques used;
 - success of the practical with motivation;
 - appearance, taste and texture of each dish.

ASSIGNMENTS

Choose **one** of the following assignments (questions). Choose only recipes in the Recipe Booklet.

- 1 Plan, prepare and serve **three** dishes that do not include meat or poultry. Use a variety of preparation techniques and cooking methods. The combination of the three dishes must be aesthetically pleasing.

OR

- 2 Plan, prepare and serve **three** dishes that will provide adequate protein to the diet. Use a variety of preparation techniques and cooking methods. The combination of the three dishes must be aesthetically pleasing.

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