EXAMINATIONS COUNCIL OF ESWATINI
Junior Certificate Examination

CONSUMER SCIENCE **540/03**

Paper 3 Practical Examination **October/November 2025**

Planning Session: 1 hour 45 minutes
Practical Session: 2 hours 30 minutes

READ THE INSTRUCTIONS FIRST

Please see page 2

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PLANNING SESSION: 1 hr 45 minutes.

INSTRUCTIONS TO CANDIDATES

When you know which test has been assigned to you, please read it carefully.
Choose your dishes and with the help of your notebooks and cookery books, do the following on the forms provided.

1. **(a)** Make sure you write your examination **number** and **name** on all your answer sheets. Write the number of the test on each sheet.

   (b) All sheets must be duplicated. (Use carbon paper)

2. **(a)** On **Sheet 1** write down the **choice of work** and recipes of the dishes you have decided to prepare.

   (b) On **Sheet 2** write a **plan of work** to show the order in which you will carry out the practical, the methods used, and the length of time required for cooking each dish.

   (c) On **Sheet 3** make a **shopping list** showing quantities of ingredients for the whole test.

3. **(a)** Hand in all papers to the invigilator, that is, the question paper, choice of work, order of work and shopping list.

   (b) You may **not** take away any paper and you may **not** bring fresh notes to the Practical Test.

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Practical Tests

Test 1

A. Prepare, cook and serve two dishes using milk and milk products.

B. Choose one dish from A to form a balanced supper meal.

C. Clean a casserole dish.

Test 2

A. Prepare, cook and serve two dishes using pouring batter.

B. Choose one dish from A to form a balanced, light lunch.

C. Clean a deep-fat frying pan.

Test 3

A. Prepare, cook and serve a savoury and sweet dish from a batch of shortcrust pastry.

B. Serve the savoury dish with suitable accompaniments to make a balanced supper meal.

C. Clean a pastry board.

Test 4

A. Prepare, cook, and serve a dish using the stewing method. Serve with suitable accompaniments to make a balanced meal.

B. Bake a cake using the creaming method.

C. Wash and finish a white apron.

Test 5

A. Prepare, cook and serve a main dish using plant protein; serve with suitable accompaniment to make a balanced midday meal for your friend.

B. Bake a cake using the rubbing-in method.

C. Wash and finish a silk scarf.

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