



EXAMINATIONS COUNCIL OF ESWATINI  
Eswatini Primary Certificate Examination

**CONFIDENTIAL**  
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**CONSUMER SCIENCE**

**MARK SCHEME**

**{627/02}**

**MARKS: 100**

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This document consists of 6 printed pages.

**TEST 1****A. Sorghum (emabele) porridge**

- 2 cups of water boiled first.
- Emabele meal mixed with the remaining 1 cup of water and salt to taste.
- Emabele mixture added to the boiling water while stirring.
- Mixture to simmer uncovered for 10 -15 minutes.
- Sorghum meal to be served warm with milk and sugar.

**Cheese sandwich**

- Lettuce leaf washed in clean running water and torn/ snipped neatly.
- Tomato washed and sliced thinly.
- Cheese grated or thinly sliced.
- Bread toasted and buttered or buttered before being toasted.
- After preparation, to be covered immediately in cling wrap or in a covered plastic container to avoid drying up before being served.

**Tea**

- Water freshly boiled.
- Teapot rinsed with boiling water.
- Boiling water poured onto the tea bags.
- Tea left to infuse for at least five minutes.
- Tea to be prepared immediately before serving.
- To be served hot with warm or cold milk and sugar.

**Fruit**

- An apple washed in running water and served.

**B. Washing and finishing a cotton child's dress.**

- Washed in warm soapy water using the friction method.
- Rinsed thoroughly in several waters to remove traces of soap.
- Finally rinsed in water with fabric softener.
- Hung to dry.
- Ironed with a hot iron and folded.

**TEST 2****A. Mealie rice**

- Mealie rice washed to remove starch.
- Mealie rice added to boiling water and simmered over low heat.
- Cooking oil added to prevent mealie rice sticking at the bottom of the saucepan.
- Well-seasoned.

**Beef stew**

- Meat cut into small pieces of equal size.
- Onion peeled and chopped.
- Carrot washed and sliced.
- Oil heated and fried until golden brown.
- Seasoned flour added and fried gently.
- Stock, salt and green pepper added.
- Stew to simmer until meat is tender.

**Coleslaw**

- Cabbage washed and neatly chopped.
- Carrots washed, scrapped and grated.
- All ingredients mixed in a bowl.
- Dressing added just before serving.

**Orange juice**

- Oranges smacked gently on the counter for easy squeezing.
- Oranges sliced in half.
- Squeezing oranges using an orange squeezer over a clean container.
- Straining the squeezed juice through a sieve.
- Pouring the strained juice into a glass and serve.

**B. Cleaning kitchen equipment (2 dinner plates, 2 spoons and 2 glasses)**

- Scraps of food removed from dinner plates.
- Equipment sorted according to degree of dirt.
- Glasses washed first in warm soapy water, rinsed in warm water and lastly rinsed in vinegar water to shine them.
- Cutlery, followed by chinaware, washed in warm soapy water.
- Rinsed in warm water and thoroughly dried.

## TEST 3

### A. Queen cakes

- Oven preheated to 180°C – 190°C
- Muffin tins greased.
- Sugar and margarine creamed using a wooden spoon till mixture is light, fluffy and pale.
- Beaten eggs and vanilla essence added gradually to the mixture.
- Dry ingredients sifted and folded into a soft dropping consistency.
- Mixture spooned into paper cups or patty pans until they are  $\frac{3}{4}$  full.
- Mixture baked for 10- 15 minutes or until they are golden brown.
- Cooled on a wired cooling rack.

### Plain scones

- Oven preheated to 200°C.
- Sifting flour and salt to remove impurities and to introduce air.
- Adding sugar.
- Cutting margarine into cubes using a knife and adding it to the dry ingredients.
- Rubbing the mixture together using fingertips until the mixture looks like breadcrumbs.
- Making a well in the centre and adding milk and gently mixing with a table knife to form a soft dough.
- Mixture kneaded and rolled out to 2cm thick.
- Sprinkling flour lightly onto a clean surface.
- Dough cut with a scone cutter and glazed with milk.
- Baked for 10 – 15 minutes until golden brown.
- Scones cooled on a wired cooling rack.

### Hot Cocoa

- Blending cocoa with a little milk or hot water to form a paste.
- Combining cocoa paste, sugar and the remainder of the milk in a medium saucepan.
- Warming the mixture over medium heat and stirring constantly until the mixture boils.
- Boiling the mixture and stirring continuously for 2 minutes.
- Removing from heat and serving it hot.

### B. Cleaning muffin tins/patty pans and plain baking sheets.

- Washing the pans using warm soapy water and a sponge or a cloth.
- Rinsing them using warm water.
- Dry them immediately to avoid rusting.
- Storing them in a dry place.

**TEST 4****A. Boiled potatoes**

- Washing the potatoes to rid them of soil.
- Peeling and chopping them into halves or quarters or boiling them in their skins to retain nutrients.
- Immersing them in water after peeling to avoid change of colour.
- Putting cold water and the potatoes in a saucepan and adding a pinch of salt.
- Boiling the potatoes gently to avoid breakage until tender.
- Serving potatoes hot with margarine.

**Steamed fish**

- Boiling water in a saucepan.
- Spreading margarine on an enamel plate.
- Wiping the fish and seasoning it well with salt and pepper.
- Placing the fish on the enamel plate.
- Placing the plate on top of the saucepan containing boiling water and covering it with the saucepan lid or another enamel plate.
- Steaming until the fish is tender.
- Serving.

**Boiled Carrots**

- Peeling and chopping the carrots.
- Boiling water and placing carrots in the boiling water.
- Straining and serving the carrots with a knob of butter.
- Sprinkling parsley on top to garnish the dish.

**Fruit salad**

- Washing the fruit, avoiding bruising soft fruit.
- Coring apples and chopping them into bite-sized pieces and sprinkling them with lemon juice to avoid browning of the fruit and the loss of vitamin C.
- Preparing syrup by dissolving sugar in boiling water.
- Allowing the syrup to cool.
- Peeling the orange and dividing it into segments.
- Cutting grapes in half and removing the pips (optional)
- Peeling and slicing the banana and sprinkling it with lemon juice (to avoid browning)
- Placing all the ingredients into a bowl and gently mixing them together.
- Pouring the cooled syrup over the fruit.
- Serving with ice cream or yoghurt.

**B. Cleaning a plastic refuse bin**

- Washed in warm soapy water with a mutton cloth.
- Rinsed in warm water with a disinfectant.
- Thoroughly dried and lined.

**TEST 5****A. Potato fritters**

- Mashed potato left over from previous meal.
- Mixing all the ingredients together.
- Heating a frying pan over medium heat.
- Adding oil to the frying pan.
- Frying the patties gently in the oil, taking care not to break when turning them.
- Serving the patties hot.

**Lettuce salad**

- Lettuce washed in clean water and teared/snipped neatly.
- Tomato washed and sliced neatly.
- Onions washed and cut into rings.
- Cucumber washed and cut accordingly.
- Mixing all the vegetables into one bowl.
- Dressing added just before serving.

**Lemonade**

- Lemons washed and squeezed into a jar.
- Juice added into boiling water and sugar stirred in.
- Chilled before being served.

**B. Cleaning an aluminium frying pan.**

- Cleaned with steel wool in warm soapy water.
- Thoroughly rinsed in several waters to remove traces of steel wool.
- Wiped dry and polished with a dry cloth.