

PRINCIPAL EXAMINER'S REPORT



BOTSWANA
EXAMINATIONS
COUNCIL

BGCSE FOOD & NUTRITION

2023



Paper 1: Written

Section 1: General Comments

Generally, candidates were neat and clean as evidenced by the work they presented in a logical manner. They attempted most questions in the question paper, with some candidates leaving blank spaces. There were very few cancellations observed and the handwriting was quite readable.

The paper assesses candidates at knowledge, understanding and application level according to the cognitive levels by Blooms taxonomy.

Section 2: Comments on Individual Items

Section A

The section mostly tests candidates at lower level of cognition i.e. recall/knowledge and most of the candidates show some capability in scoring some marks in this section as compared to other sections of this question paper.

- 1 (a) The question was answered well by most candidates. All the possible answers were given. The expected answers were Carbohydrates, Proteins or fats.
- (b) (i) Majority of candidates attempted this question well and gave the reason for wiping spills from the floor immediately they occur as to prevent falls or slips.
- (ii) Candidate attempted this question well and gave answers the reason for keeping detergents out of reach of children as to prevent poisoning. Few candidates gave answers like the avoid accidents/choking which were not relevant to the question.
- (iii) Almost all candidates gave the correct reason for storing knives with their sharp points facing downwards as to prevent cuts.
- (c) Candidates did well on this question. Common correct answers given by candidates were wash before cutting, use a sharp knife and tear instead of cutting, do not soak, etc. Some candidates gave answers which showed retaining of nutrients during cooking which did not answer the question. The most common answer given by candidates was cook in boiling water for a short period.
- (d) (i) Most of the candidates did well on this question and common answers that were given for the functions of food in group H (proteins) were to promote growth, to repair worn out tissues, to provide energy in the absence of carbohydrates, it is necessary for the manufacture of enzymes and antibodies.
- (ii) Majority of the candidates were able to state indigenous foods found in group F using both traditional names and English names. Common answers given were thepe, moretologa,



morula, monkey orange (mogorogorwane). A few candidates gave exotic foods like oranges, carrots.

- (iii)** Candidates also did well on this question, giving a deficiency disease caused by lack of the mineral in group G as rickets and osteomalacia. Tetany is another correct answer though most candidates did not write it. Common incorrect answers given by candidates were anemia and osteoporosis.
- (e)** Majority of candidates did well on this question and common answers given for chemical elements which make up fats and oils were Carbon, hydrogen, Oxygen. Common incorrect responses given by some candidates were Sulphur, and Phosphorus.
- (f)** The question was well done. Common answers given for signs of anaemia were pale skin, fatigue, shortness of breath, dizziness, and headache. A Few candidates failed to give the correct answers while some even left blank space.
- (g)** The question was fairly done. An average number of candidates were able to differentiate between garnishing and decorating in food preparation. They were able to mention that garnish enhances the appearance of savoury dishes while decorating enhances the appearance of sweet dishes.
- (h)** **(i)** Majority of candidates did well on this question. They were able to state how the appearance of fried fish can be enhanced. The most common answers given were slice of lemon, sprig of parsley, bed of lettuce, and tomato slices. Some candidates also gave answers like coating fish before frying which was not correct.
- (ii)** Most candidates did well on this question. They were able to state how the appearance of carrot cake can be enhanced such as sprinkling icing sugar, whipped cream, strawberries, cherries, grated chocolate, and Icing.
- (i)** Majority of candidates did well on this question. Common answers given for different sources of low biological value (LBV) protein were; cereal (or examples of cereals), nuts, seeds, beans. Common incorrect answers given by some candidates were legumes and soya beans.
- (j)** **(i)** The question was not well done. The common answer for the effects of temperatures of -18°C on bacteria that was given by candidates was; bacteria become dormant. Most candidates stated that bacteria die at this temperature, which was not correct.
- (ii)** This part of the question was well done (effects of temperature above 75°C on bacteria). Most candidates gave the answer that bacteria are destroyed or killed at temperatures above 75°C .
- (k)** **(i)** This part of the question was not done well by most candidates as they failed to name the type of vegetarian that does not eat eggs. A Few candidates were able to by state a common correct answer as strict vegetarian while a few other candidates were able to identify the correct answer as lacto vegetarian.



- (ii) Few candidates answered this question well, by giving protein dishes suitable for a vegetarian in part (i). They gave dishes such as lentil stew, samp cheese, boiled samp and beans, soya dishes, etc. The majority of candidates stated ingredients instead of naming dishes and such common answers were lentils, samp and beans, soya beans, soya chunks.
- (j) (i) Most candidates answered this question very well. They were able to correctly state the classes of food additives such as antioxidants, stabilizers, flavours and sweeteners, thickeners, etc. However, a few candidates failed to give correct responses but rather gave answers like spices, herbs and salt, showing lack of understanding the question or lack of content.
- (ii) Most candidates did not do well on this question, failing to state health problems associated with the use of food additives. The common incorrect answers given were obesity, tooth decay, asthma. A few candidates were able to give correct answers such as headaches or allergies/skin rashes.
- (k) (i) The majority of candidates were able to define a producer as someone who manufactures / makes and sells goods and services. Some candidates defined the term by using the same term in the question e.g. someone who produces goods and services, which should not be the case.
- (ii) Majority of candidates did not do well on this question, failing to define the term consumer. The response expected from candidates was a consumer is someone who buys and uses goods and services.
- (l) Candidates did poorly on this question where they failed to list responsibilities of consumers. Most candidates gave consumer rights. A few candidates gave common correct answers such as action, solidarity, and critical awareness.
- (m) Most candidates gave the importance of consumer responsibilities instead of stating points on the importance of consumer education. Some of the expected answers are as follows; educate consumers about their rights and responsibilities, helps consumers to make informed decisions, helps consumers to get a fair deal in the market place, etc.
- (n) Most candidates did not do well on this question. They did not state the measures in place to advocate for consumer protection well. Some gave answers like consumer affairs instead of consumer affairs unit, Food act instead of Food Control act. The common correct answer given by candidates were The Ombudsman, Consumer laws. Some other answers include health inspectors, independent consumer groups, etc.



Section B

- 2 (a) A few candidates did well on this question. They correctly named the method used to make the sauce as the roux method. Some candidates left the question unanswered.
- (b) The question was well done. Most candidates gave the correct reason for adding milk gradually as to prevent lumps.
- (c) The question was well done by most candidates. The common correct answers given for was of reducing fat in the sauce were: use low fat milk/skimmed milk, use low fat margarine, use low fat cheese, etc.
- (d) The question was poorly done. A few candidates were able to state the characteristics of a well-prepared sauce. The common correct answers were that it should have no lumps, it should have the right consistency, right colour, right flavour and texture. Some candidates wrote answers like; the sauce should be thick, should be pouring and such answered were not correct.
- (e) The question was not well done. Candidates were asked to give other variations of the sauce the student can make. The most common correct answers given were parsley sauce, onion sauce, and mushroom sauce.
- (f) The question asked candidates to give reasons for including sauces in meals and it was not well done. A few candidates gave common correct answers such as; to improve flavour, taste, texture and colour and to improve nutritional value of dishes, bind ingredients together for dishes, to improve the appearance of dishes, etc.
- 3 (a) (i) Most candidates were able state the correct effects of moist heat on starchy foods. Common correct answers given were; they absorb water, swell and burst then gelatinize. However, there were some who gave incorrect answers which were the effects of dry heat on starchy foods such as they crystalize while some gave the effects of moist heat on protein foods and wrote they coagulate.
- (ii) The question was poorly done. Most of the candidates explained the effects of moist heat on specific protein foods such as eggs, milk and meat and failed to focus on the effects of moist heat but rather focused on the effects of dry heat. Some candidates named but explained effects of moist heat on a different food.
- (b) Most candidates did well on stating properties of water. Correct common answers were colourless, odourless, tasteless and neutral Ph. However, there are some candidates who gave incorrect answers like dissolves solvents, some also wrote functions of water like lubricates joints, quenches thirst, provide water soluble vitamins and regulate body temperature.



- 4 (a) (i) The question was well done. Most candidates managed to name the labour-saving device as an electric handheld mixer or an electric hand held whisk. Some candidates gave answers without qualifying but gave responses such as hand held mixer, hand held whisk and lost a mark.
- (ii) Most candidates managed to give at least one correct answer. The most common correct responses that were given were: mixing, creaming, beating, and whisking.
- (iii) The question was not well done. Most candidates gave responses for care of the labour-saving device instead of a rule to observe when using the labour saving device. Only a few candidates managed to give correct responses and the most common response was do not overrun the mixer as it will damage the motor.
- (b) The question was fairly done. Some candidates managed to explain the factors to consider when choosing kitchen equipment well while some were specific to electric hand mixer or labour-saving devices and were not general to kitchen equipment. The most common responses given were: it should be durable to last long, cost or money available for affordability, storage space available to store the kitchen equipment, etc. Some candidates were not able to explain the factors but just listed.
- 5 (a) (i) The question was well done. Majority of the candidates were able to state a reason why elderly people need vitamin C. Common correct answers that were given were; to boost the immune system, needed for absorption of iron, required for strong healthy immune system as their system is compromised and prone to infections, to fight infections, for metabolic reactions, etc.
- (ii) The question was well done. Candidates gave some of the reasons why elderly people need water as; to keep them hydrated and prevent constipation, to maintain concentration levels as they are likely to forget a lot. Some Candidates gave general functions of water without being specific to the elderly such as repair worn out tissues, lubricate joints and membrane, avoid dry skin, aid digestion and as such lost marks.
- (iii) The question was well answered by most of the candidates. Generally, the common correct responses given for reasons why elderly need non starch polysaccharide (NSP) were; promote healthy gut, prevent constipation, and reduce colon cancer.
- (b) (i) This part of the question was not done well by most candidates. The most common correct answer given for a reason why the energy requirements for an elderly person may decrease were; reduction in physical activities and decrease in basal metabolism. The majority of the candidates gave wrong answers such as; they do simple tasks, they do not do heavy jobs, they are not active, they use less energy and do not need energy as they are old.
- (ii) Majority of the candidates did well on this question as they were able to name vitamins that help release energy from foods. Most common correct answers given by candidates were B group vitamins [B1, B2, B3, B6, B9, B12], niacin, folate, and folic acid.



Common wrong answers given by some candidates were vitamin A,D,E,K which are fat soluble vitamins.

- (c) Most of the candidates were able to plan a one course meal rich in non starch polysaccharides (NSP) for an elderly person. The expectation was for candidates to include fiber in the meal and some candidates became creative and added fiber to protein dishes. Correct protein dishes given were Beef stew, chicken casserole, liver pillaff, seswaa, etc. However, there were a few candidates who listed ingredients such as meat, chicken, liver under protein dishes instead of dishes.

Correct carbohydrates dishes given were Boiled brown rice, boiled mosutlwane, boiled brown pasta, bogobe jwa lerotse. Some candidates wrote ingredients such as sorghum meal, rice , mosutlhane samp instead of naming dishes.

The most common correct vegetable dishes were creamed spinach, green salad, mixed salad, stewed spinach.

The most common correct drinks given were; orange juice, water melon juice, fruit punch, tea and the minority of the candidates wrote nourishing drinks such as; banana milk shake, and smoothies.



Section C

- 6 (a) The question was not well done. A few candidates explained the food preservation principle of exclusion of air well. They gave some correct reasons for excluding air as follows;
- to slow down the growth of microorganisms as aerobic ones need air to grow and reproduce.
 - to prevent the growth of aerobic micro-organisms because of the absence of oxygen.
 - exclusion of air is achieved by vacuum packaging where the food is wrapped in plastic and the air is sucked out.
 - it is a modified atmosphere packaging where the air is replaced by unreactive gas such as nitrogen.

Some candidates just stated the ways of excluding air without explanations and such candidates were not awarded marks.

- (b) The question was also poorly done as most candidates failed to explain principle of food preservation by use of chemicals. A few candidates managed to explain the correct use of different chemicals like acids to lower the Ph and give an acidic atmosphere, salt used to cure foods and sugar which provides a concentrated solution in which microorganisms cannot survive. Some gave the correct use of chemicals as to inhibit the growth of microorganisms and denature the enzymes. Most candidates stated correct chemicals used to preserve but failed to explain how they preserve food.

- 7 The question required candidates to discuss factors to consider when planning a kitchen. This question was generally fairly done by majority of the candidates. However, most candidates managed to give correct factors but they failed to explain them in order to access full marks.

Some of the expected answers were as follows:

Size

- The size of the kitchen determines the fittings and the type of equipment to be used
- Budget or money available determines the size of the kitchen one can build
- The size of the family also determines the size of the kitchen as smaller family may prefer smaller kitchen and a larger family may prefer a larger kitchen
- The size of the kitchen depends on the intended use e.g. since kitchen may also be used for dining or entertainment

Ventilation

- Windows should be large enough to allow for the movement of air in the kitchen
- Cooker hoods are necessary to extract or recirculate air and must have an external outlet if the air is to be completely removed
- Extractor fans should be fitted in windows or outside walls to remove grease, fumes and moisture from the kitchen
- Window should be well positioned to allow for cross ventilation, louvre windows provide good ventilation as an alternative to ordinary windows

Work surfaces

- Work surface should be at a comfortable working height to avoid over bending or overstretching
- They should be smooth for easy cleaning
- They should be non-absorbent for hygiene purposes
- They should not have crevices to prevent accumulation of dirt and prevention of pests
- They should be durable to withstand frequent disinfections to destroy present micro- organisms
- They should be grease proof / resistant for hygiene purposes

Flooring

- It should be easy to clean for hygiene purposes
- It should be non slippery to avoid falls
- It should have no loose parts / edges which might cause falls
- It should be warm to the feet in order to be comfortable
- It should be non-absorbent to grease and liquids for easy cleaning
- It should be hard wearing to last longer

Lighting

- Fluorescent bulbs should be used in the kitchen as they are clear and directional for easy and clear sight
- Bulbs should be well placed to provide light where needed
- Ordinary light bulbs should be at least 100 watts to give adequate light
- Small strips of lights can be fitted under wall / cup boards to shine directly on to work surfaces
- Windows should be large enough to provide adequate day light

Some other candidates gave irrelevant factors such as lightning, light, curtains, ergonomics, windows, safety, position, shape etc.

Paper 2: Practical Test

Section 1: General Comments

This component is a practical examination. The planning part of the component comes before the actual performance of the cooking session. Candidates receive a task in which they plan in line with the task set for each year from Botswana Examinations Council (BEC). The demand of the task set remains at the same difficulty from year to year.

The total mark for the paper is 150 and it is expected for this paper to discriminate the candidates according to their performance. The marking criteria for the component is attached to the assessment syllabus which is to promote proper assessment of learners in centres.

Section 2: Comments on Individual Items

1.0 PLANNING SESSION

1.1 CHOICE OF DISHES

(i) Protein Dish (HBV): most candidates chose correct High Biological Value (HBV) protein dish to include the following: Grilled fish, Grilled Chicken, Grilled Steak, Roasted Chicken, Stews (beef, chicken), savoury mince etc. However, despite that the dishes chosen were correct, quite a considerable number of the dishes were not fat-reduced in terms of the recipes for the dishes or were not clear on how fat was reduced.

(ii) Carbohydrate Dish: This part of the question was well done. Almost all candidates chose correct carbohydrate dishes. Dishes chosen included: Boiled Rice, Yellow Rice, and Vegetable Rice. A few candidates' choice 2-in-1 dishes such as Macaroni Cheese and Spaghetti Bolognese and another carbohydrate dish such as Boiled Rice which resulted in the meal having two Carbohydrate and/or protein dishes. Very few chose Potato Chips.

(iii) Raw Vegetable Salad: The part was also well done. Most candidates chose raw vegetable salad correctly, the common salads being; Green Salad (original and modified recipes of the salad), Coleslaw Salad, Salsa, Mixed Vegetable Salad and Sunburst Salad which included grated cheddar cheese, making the meal to be protein-loaded. A few chose cooked salads e.g. Beetroot Salad.

Majority of the candidates chose salad dressings which were not fat reduced such as French Dressing (not light/fat-reduced) and creamy mayonnaise.

(iv) Baked Dessert: Most candidates chose correct dishes. However, only a few being fat reduced (e.g. Fatless Sponge Cake), Swiss Roll, Apple Crumble, Baked Egg Custard. Some chose incorrect desserts (though baked) e.g. Rock Cakes, Biscuits, Muffins, Scones (all sweet variety). A very few candidates chose an incorrect dessert (not baked) e.g. Fruit Fool, Banana Custard, hence not addressing the question.

(v) Refreshing Drink: Majority of the candidates chose correct refreshing drinks, and orange juice being the most common in all centres. An insignificant number of the candidates chose either Orangeade or Lemonade. Only a few chose punches or cocktails using convenience/ready-to-use drinks.

1.1.2 Variety of Skills: Majority of the dishes chosen by most candidates were skilful, which made candidates access good marks.

1.1.3 Meeting Requirements of the test: Majority of the candidates did poorly in this part and were not able to access marks. Most of the recipes for the chosen dishes were not fat reduced, which indicated that candidates did not modify the recipes.

1.1.4 Demonstration of awareness for time for Cooking and Serving: most candidates addressed this part of the question correctly, hence accessed the marks. However, those who had either over-planned or under-planned didn't access the mark.

1.2 RECIPES

Recipes for dishes chosen were copied out correctly, however, some of the candidates did not modify the recipes to make them fat reduced. A few candidates did not specify the type of ingredients clearly in some areas e.g. writing pepper without specifying whether it's white pepper, black pepper, cayenne pepper, etc.

1.3 TIME PLAN

1.3.1 Sequence: most candidates had a logically sequenced order of work, correct time-break down for the tasks carried out, evaluation was stated and correctly placed and timed, dove-tailing and follow-up of tasks was well done. However, quite a considerable number of candidates demonstrated lack of understanding on how tasks are dovetailed.

Note: A few candidates who prepared been stew/curry indicated soaking of the pulses overnight, allocating it time in the plan, which should not be the case. Any activity should fall within the 2½hrs of the practical time.

1.3.2 Methods: Most of the candidates in the centres copied out the methods, accessing half the total marks awarded for this part of the time plan. An insignificant number of the candidates summarised the methods.

1.3.3 Temperatures and cooking times: Majority of the candidates indicated cooking (simmering, boiling, preheating oven/grill) and cooling/chilling temperatures and cooking times.

1.3.4 Washing-Up: Most of the candidates indicated washing up at convenient points in the plan and was correctly timed. Only a few candidates stated the final washing-up before serving. Some had one or two of the washing-ups either embedded within other tasks or indicated under special points.



1.3.5 Serving: Majority of the candidates indicated serving of the dishes, correctly placed and correctly timed. Some candidates even indicated decoration and garnishing of the dishes prior to serving which was a good initiative which needs to be commended.

1.4 SHOPPING LIST

Majority of the candidates had the shopping list correctly compiled. Some candidates misplaced the items e.g. had garlic placed under vegetables instead of herbs, while a few candidates omitted the unit of measure e.g. salt instead of $\frac{1}{2}$ tsp salt. Some candidates didn't add up quantities correctly or didn't add up the quantities of the same ingredients correctly.

Most candidates ordered serving equipment, specifying the type of dish to be used for each dish served (e.g. Brown Stew – Casserole Dish + under/side plate, Orangeade – Juice glass + saucer and doyley). For this part majority of candidates accessed good marks.

2.0 METHOD OF WORKING (PREPARATION AND COOKING SESSION)

2.1 General Approach: Majority of the candidates demonstrated some confidence in the way they approached the practical session of the examination. Most followed their time plans throughout. However, there were those who did a lot of referral to the recipe cards during working and lacked confidence.

2.2 Manipulation: majority of the candidates used correct equipment for preparation and cooking. Knife skills such as slicing, chopping and dicing of vegetables ranged from being fairly done to well done. Cubing of meats (chicken and beef for stews and curries) was not well done by most candidates (cubing the meat into chunks, instead of bite-size pieces). A few candidates cubed the meat into uniform pieces. In addition, majority of candidates boiled the stews instead of simmering, which resulted in stews with very little gravy. Some of the candidates were able to use fat reduction methods such as removing the skin of chicken and trimming fat from meat.

With regards to the preparation of salads, candidates' knife skills were fairly demonstrated, e.g. slicing of cucumber, chopping/slicing of onion into rings, and cutting of green pepper into strips and tearing of lettuce into chunks (for green salad). In addition, shredding of cabbage for Coleslaw was fairly done by majority of candidates (the cabbage shreds were not of the correct thinness).

Generally, with regard to preparation of deserts made from flour mixtures, methods were well carried out, e.g. rubbing-in of shortening into the flour, beating of the mixture (All-in-one method), however, for candidates who used the whisking method, whisking was not sufficiently done to incorporate enough air. In addition, folding-in of the dry ingredients into the whisked mixture was not carried out properly, which resulted in cakes not being as spongy as was expected.

For candidates who used the creaming method, creaming of the shortening and sugar was inadequately done, and in most cases the mixtures were over-beaten. With regard to those who used the melting method e.g. for Gingerbread, some candidates melted the sugar, syrup and fat at high temperature until the mixture boiled and added it to the dry ingredients while very hot.



Lining of the loaf tin was not well done. The wax paper was not cut out to the shape and size of the base of the loaf tin. In some cases, it was roughly torn and fitted into the tin, greasing was well done by most candidates. In addition, a few candidates who chose Baked Egg Custard prepared it correctly, and was baked in a water-bath.

Carbohydrate dishes, e.g. rice. Spaghetti and macaroni were boiled rapidly. However, some candidates didn't wash the rice before boiling, some didn't drain it after cooking, it was left to boil dry.

2.3 Economy of Utilities: majority of candidates left water for washing of utensils to boil continuously. Some used small saucepans on large gas cooker burners or electric cooker plates. Boiling was used instead of stewing for cooking stews/curries.

2.4 Economy of food: Generally, food was not wasted. The most noticeable form of waste was that majority of candidates prepared a lot of food for two to three people, e.g. cooking too much rice. Preparing too many salads was an indication that candidates did not modify the recipes in terms of quantities of ingredients. In addition, most candidates did not scrape off all the flour mixture from the mixing bowls. Some left some bit of boiled rice in the saucepan and soaked them in water. When preparing vegetables, some candidates peeled the vegetables thickly, while a few others threw away pieces of left over vegetables which could still be put into use.

2.5 Hygiene:

Personal hygiene -candidates were well groomed, wore clean apron, had their hair covered, and their nails were clean, short without nail polish.

Food hygiene - was well practiced, e.g. ingredients were covered, and flour mixtures were not over-handled. However, some candidates over-handled salad ingredients, some did not wash vegetables and fruits before use. Quite a number of candidates peeled vegetables onto a piece of paper, wrapped the peels before throwing into the bin. Only a few candidates peeled vegetables on top of a chopping board and used the same board for chopping without rinsing it first.

2.6 Washing-up: almost all candidates did the first and second washing-up using warm soapy water and rinsing with warm water, however majority didn't complete the final washing-up. Most candidates didn't wipe spills from cookers as they occurred, but did wipe them at the final washing-up. A few candidates were able to complete the final wash up on time.

3.0 EVALUATION

3.1 (BY CANDIDATES)

3.1.1 Processes Undertaken: All candidates stated the processes they under-took in the preparation of their chosen dishes correctly.

3.1.2 Quality of Products/dishes (Sensory Evaluation): Majority of the candidates were able to evaluate the texture, taste and colour of each dish. However, in a number of cases, terminology

used was inappropriate, e.g. the candidate would state that the stew was hard, instead of writing under-cooked or tough. Regarding taste, some candidates stated that the stew was salty, meaning that it was well-seasoned/flavoured. As for colour, quite a noticeable number of candidates stated the actual colour of the food/ingredient e.g. orange for Orange Juice, green for Green Salad; in addition, most candidates didn't use the words "appropriate" and "original" correctly. They seemed to confuse the use of the two words.

3.1.3 Successes: Most candidates stated one success instead of two, hence did not access all the marks. Majority of the candidates stated their success as being able to prepare and present all the dishes they had planned for on time or that they were able to finish on time.

3.1.4 Constraints: This was well addressed, though some candidates didn't give justification to the comment.

3.1.5 Modifications: Some candidates wrote that they substituted certain ingredients to reduce the fat-content of the meal, which was the requirement of the test; hence the point was not credited. A considerable number of the candidates stated corrections instead of modifications.

3.2 PRESENTATION (EXAMINERS' EVALUATION)

3.2.1 Serving: This part was well addressed. The majority of the candidates used the correct serving equipment, and the dishes were well labelled too. Table linens were also provided.

3.2.2 Sequence: Serving of the two-course meal was correctly sequenced by most candidates, with one/two dishes not being well placed, e.g. drink being placed before or after the dessert. Majority of the candidates had limited skills of garnishing and decoration (the skills were below standard for those who tried to garnish/decorate). In addition, for those who tried to either garnish/decorate, there was not much variety in their skills.

3.2.3 Cleanliness: All candidates served in clean serving utensils, table linens were clean, and the serving environment was clean.

3.3 SENSORY EVALUATION OF CANDIDATES' PRODUCTS BY EXAMINERS

3.3.1 Protein dishes: Most dishes were well-cooked, with only a few being under-cooked. Stews were mostly dry. Some of the grilled/roasted meats (chicken) were undercooked in the inside, while others were dry due to lack of basting during cooking or being left under the grill or in the oven for too long. Steamed fish was well cooked, except for a few which was dry due to over-cooking. Most of the dishes were well seasoned/flavoured while a few were greasy. Regarding colour, majority of the dishes had an appropriate colour.

N.B. None of the candidates prepared a sauce/gravy to accompany the roasted/grilled chicken or steamed fish.

3.3.2 Carbohydrate dishes: Majority of the dishes were well cooked (texture), well-seasoned/flavoured or bland, and the colour was appropriate or original.



3.3.3 Raw Vegetable Salad: All salads were crispy/crunchy as expected, the salads were well flavoured based on the salad dressing used, and the colour was appropriate, original or colourful depending on the type of salad and ingredients used.

3.3.4 Baked Dessert: With regards to cakes and puddings made from a flour mixture (upside-down pudding), most came out well as expected (well risen, moist and spongy) while a few were undercooked on the inside, sunk-in or hard/close textured.

N.B: Only a few candidates served the dessert with a sauce.

3.3.5 Refreshing Drink: The consistency for all drinks was appropriate, with most drinks well strained (for those which required straining), and a few being cloudy or with sediments. The taste/flavours of the drinks were original according to the fruit used and the colour was either appropriate (e.g. orangeade/lemonade) or original e.g. orange juice. Punches whereby ready-made juices were used, were also well flavoured and of the appropriate colour.