

NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_ ADM. NO.: \_\_\_\_\_

441/3

HOME SCIENCE

FOOD AND NUTRITION

PAPER 3

MARCH / APRIL - 2013

TIME:  $1\frac{3}{4}$  HOURS

## BARINGO NORTH TRIAL EXAMINATIONS 2013

Kenya Certificate of Secondary Education

**HOMESCIENCE**

**FOOD AND NUTRITION**

*PAPER 3*

*PRACTICAL*

**PLANNING SESSION 30 MINUTES**

**INSTRUCTIONS TO CANDIDATES.**

1. Read the test carefully.
2. Write your name and index Number on every sheet of paper used.
3. Textbooks and recipes may be used during the planning session as reference material.
4. You will be expected to keep to your order of work during the practical session.
5. You are only allowed to take away your reference material at the end of the session.
6. You are not allowed to bring additional notes to the practical session.

## **THE TEST.**

Your grandfather will pay you a visit at your home while your parents are away. Using ingredients listed below, prepare, cook and present a one-course lunch for both of you. In addition prepare a refreshing drink.

### **List if ingredients.**

Potatoes / Rice

Tomatoes.

Onions

Dhania

Fat / oil

Fruits in season

Liver / chicken / beef

Salt

Carrots

Caspicum

Sugar

Green leafy vegetables

### **PLANNING SESSION: 30 MINUTES.**

Use separate sheets of paper for each task listed below and a carbon paper to make duplicate copies. Then proceed as follows:

1. Identify the food items and write down their recipes.
2. Write down your order of work.
3. Make a list of the foodstuffs, materials and equipments you will require.