

Name: ADM No.

School: Date: Candidate's Sign

441/3
HOMESCIENCE
PAPER 3
FOODS AND NUTRITION
FORM 4
MARCH / APRIL 2013
TIME: 1 ¼ HOURS

ELDORET EAST JOINT EXAMINATIONS - 2013

The Kenya Certificate of Secondary Education (K.C.S.E)

PLANNING - 30 MINUTES

PRACTICAL SESSION - 1 ¼ HOURS

INSTRUCTIONS TO CANDIDATES

- Read the test carefully
- Text books and recipes may be used during the planning session as reference materials
- You will be expected to keep your order of work
- You are only allowed to take away your reference materials at the end of the planning session.
- You are not allowed to bring additional materials and notes to the practical session.

Your uncle is recuperating after a bout of malaria. Using the ingredient listed below, prepare, cook and present a full breakfast for him and yourself.

Ingredients

- Beverage
- Wimbi flour / maize flour
- Lemon
- Potatoes
- Milk
- Sugar
- Egg/ sausage
- Water melon /Banana
- Ginger / cinnamon
- Fat / oil
- Salt

PLANNING SESSION – 30 MINUTES

For each task listed below, use separate pieces of paper and make duplicate copies using carbon paper then proceed as follows.

1. Identify the dishes and write down the recipes
2. Write down your order of work
3. Make a list of the food stuffs and equipment you will require.