

441/3
HOME SCIENCE
FOODS AND NUTRITION
PAPER 3
(PRACTICAL)
JULY/AUGUST 2013
TIME: 1¼ HOURS

KIRINYAGA CENTRAL DISTRICT JOINT EXAMINATION - 2013

Kenya Certificate of Secondary Education
FOODS AND NUTRITION
PAPER 3
(PRACTICAL)
1¼ HOURS

PLANNING SESSION: 30 MINUTES
PRACTICAL TEST SESSION: 1¼ HOURS

INSTRUCTIONS TO CANDIDATE'S:

1. Read the test carefully.
2. Write your **name** and **index number** on every sheet of paper used.
3. Text books and recipes may be used during the Planning Session as reference materials.
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 materials at the end of the Planning Session.
6. You are not allowed to bring additional notes to the Practical Session.

THE TEST:

Your Aunt is visiting you over the weekend with an 8 month old baby. Using the ingredients listed below prepare, cook and present.

- (i) Weaning dish.
- (ii) One course lunch.
- (iii) A nutritious drink.

Ingredients:

- Liver/minced beef
- Irish potatoes
- Spinach
- Milk
- Cooking fat/oil
- Onion
- Tomatoes
- Sugar
- Salt
- Dhania
- Carrots
- Pineapple

PLANNING SESSION: 30 MINUTES

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

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