

441/3  
FOODS AND NUTRITION  
PAPER 3  
PRACTICAL  
JULY/AUGUST 2013  
1 ¾ HOURS

**LARI DISTRICT MOCK EXAMINATION 2013**  
**Kenya Certificate of Secondary Education**

FOODS AND NUTRITION  
PAPER 3  
PRACTICAL  
1 ¾ HOURS

PLANNING SESSION: 30 minutes  
PRACTICAL TEST SESSION: 1 ¼ HOURS

**Instructions To Candidates**

- Read the test carefully.
- Write your name and index number on every sheet of paper used
- Textbooks and recipes may be used during the planning session as reference materials.
- You will be expected to keep to your order of work during the practical session.
- You are not allowed to bring additional notes to the practical session.

## **THE TEST.**

Your aunt with whom you stay with is out of the house briefly and you are expecting her back for lunch.

Using all the ingredients listed below, prepare, cook and serve a two course meal for the two of you. Prepare the table appropriately for the meal.

### **Ingredients.**

Tomatoes

Carrots

Dhania

Salt

Onions

Fish/chicken

Pasta/rice/potatoes

Dark leafy vegetables

Sugar

Fruits in season

Fat/oil

Seasonings

### **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 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.