

441/3  
FOODS AND NUTRITION  
PAPER 3  
(PRACTICAL)  
JULY/AUGUST 2013  
TIME: 1¾ HOURS

## KIJHARU/KAHURO DISTRICT JOINT EXAMINATION – 2013

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

**PLANNING SESSION: 30 MINUTES**  
**PRACTICAL TEST SESSION: 1¾ 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 are 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:**

You are taking care of your sick Aunt who is recuperating at home. Using the ingredients listed below, plan, prepare and present on a tray a two course breakfast for the two of you.

### **Ingredients:**

- Plain wheat flour.
- Bread.
- Margarine.
- Tomatoes.
- Onions.
- Eggs/sausages.
- Oranges/pineapples.
- Tea leaves/cocoa.
- Milk.
- Sugar.