

441/3  
FOODS AND NUTRITION  
Paper 3  
(Practical)  
July/August 2012  
Time: 1 $\frac{3}{4}$  Hours

For More Free KCSE past papers visit [www.freekcsepastpapers.com](http://www.freekcsepastpapers.com)

**IMENTI NORTH DISTRICT COMMON EVALUATION EXAM**  
**Kenya Certificate of Secondary Education**

**FOODS AND NUTRITION**  
Paper 3  
(Practical)  
July/August 2012  
Time: 1 $\frac{3}{4}$  Hours

**INSTRUCTIONS TO CANDIDATES**

- \* Read the test carefully.
- \* Write your name and index number on every sheet of paper used.
- \* Text books and recipes may be used during planning session as reference materials.
- \* You will be expected to keep to your order of work during the Practical session.
- \* You are only allowed to take away your reference materials at the end of the planning session.
- \* 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 the ingredients listed below, prepare, cook and present a one course lunch for both of you. In addition prepare a refreshing drink.

### List of ingredients

Potatoes / rice / wheat flour / maize flour  
Liver / beef / minced meat / fish  
Tomatoes  
Onions  
Dhania  
Fat / oil  
Fruits in season  
Salt  
Carrots  
Capsicum  
Greens leafy vegetables  
Sugar

### PLANNING SESSION : (30 MINUTES)

Use separate sheets of paper for each task listed below and use carbon paper to make duplicate copies.

Then proceed as follows :

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