

441/3
HOMESCIENCE
PAPER 3
PRACTICAL
(FOOD AND NUTRITION)
JULY / AUGUST 2013
TIME: 1 ¾ HOURS

NANDI SOUTH, NANDI EAST AND TINDERET DISTRICTS JOINT MOCK 2013

Kenya Certificate of Secondary Education (K.C.S.E.)
HOMESCIENCE
PAPER 3
TIME: 1 ¾ HOURS

INSTRUCTIONS TO CANDIDATES

PLANNING SESSION: 30 MINUTES
PRACTICAL SESSION: 1 ¼ HOURS

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 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.

NB: This paper consists of 2 printed pages. Candidates should check the question paper to ascertain that both pages are printed as indicated and that no questions are missing.

THE TEST

1. You are hosting your Aunt and a 6½ month old baby who came on an overnight stay in your home. Using the ingredients listed below, prepare, cook and present:-
 - (i) A well balanced full breakfast for both of you.
 - (ii) A weaning dish.

Ingredients

Eggs / Sausages

Pineapples / Mangoes / Ripe Bananas / Oranges

Drinking Chocolate / Tea / Cocoa

Bread / Sweet Potatoes / Arrow roots

Cooking fat / Oil / Margarine

Milk

Sugar

Salt

Finger millet / Sorghum flour

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.