

441/3
HOMESCIENCE
PAPER 3
FOODS AND NUTRITION
PRACTICAL
FORM 4
MARCH / APRIL 2013
TIME: 1³/₄ HOURS

PENTAGON JOINT EXAMINATIONS - 2013 WARENG DISTRICT

The Kenya Certificate of Secondary Education (K.C.S.E)

Planning	:	30 minutes
Practical	:	1 ¹ / ₄ Hours

Instructions to candidates

1. Read the test carefully
2. Write your name and admission number on every sheet of paper used.
3. Textbooks and recipes may be used during planning sessions as reference materials.
4. You are expected to keep to your order of work during the practical sessions.
5. You are allowed to take away **ONLY** the reference materials at the end of the planning session.
6. No additional notes are allowed to the practical session.

While hosting your two cousin brothers who are construction site workers, use the ingredients provided to plan, prepare and present a suitable meal for the three of you include a fruit in season.

List of ingredients

- Beef/goat meat
- Maize flour/wheat flour
- Green leafy vegetable
- Onions
- Tomatoes
- Spices (optional)
- Oil / fat
- Carrots
- Dhania
- Salt
- Egg plant
- Courgette
- Bananas / mangoes/oranges/pineapple

Planning session – 30 minutes

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

Proceed as follows:-

1. Identify food items and write down their recipes.
2. Write the order of work to be followed.
3. Write a list of the foods tuffs, materials and equipment you will require.