

NAME: \_\_\_\_\_ ADM NO. \_\_\_\_\_

SCHOOL: \_\_\_\_\_ CLASS: \_\_\_\_\_

DATE: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

441/3

HOME SCIENCE

PAPER 3

FORM 4

(FOODS AND NUTRITION)

MARCH / APRIL 2013

TIME: 1HR. 45 MINS.

# WESTERN ZONE JOINT EXAMINATION - 2013

Kenya Certificate of Secondary Education (KCSE)

## FORM FOUR

**PLANNING SESSION – 30 MINUTES**

**PRACTICAL TEST 1 ¼ HOURS**

### INSTRUCTIONS

1. Read the test carefully.
2. You are not allowed to bring additional notes to the practical session.

## **THE TEST**

Your uncle who is a masonry has invited you to stay at his home during the school holiday, as he will be busy constructing a school administrative block.

Prepare, cook, and serve a suitable breakfast for two using the ingredients listed below:

### **Ingredients**

- Cereals
- Salt
- Eggs/sausage
- Fat/oil
- Milk
- Sugar
- Tea/cocoa
- Sweet potatoes/nduma
- Fruits in season

### **PLANNING SESSION**

For each task listed below, use separate pieces of paper and make duplicate copies using carbon paper then proceed as follows:

1. Identify the dishes and write down the recipe
2. Write down your order of work
3. Make a list of the food stuff and the equipment you will require.