

# PANGANI GIRLS' SCHOOL

441/3

Home Science

Foods and Nutrition

Paper 3

Pre- Mock Examination

March / April 2013

Time: 1  $\frac{3}{4}$  Hours.

Candidate's Name.....Index No.....Class.....

Planning session – 30 minutes.

Practical session – 1  $\frac{1}{4}$  hours.

## Instructions

- Read the test carefully.
- Write your name and index number on every sheet of paper used.
- Textbooks and recipes may be used during the planning session as reference materials.
- You will be expected to keep to your order of work during the practical session.
- You are not allowed to bring additional notes to the practical session.

## THE TEST

You are planning to surprise your elder sister with your newly acquired cookery skills.

Using all the ingredients listed below, prepare, cook and serve two suitable items for the two of you.

Include a refreshing drink.

## Ingredients

1. Plain wheat flour
2. Salt
3. Fat / oil
4. Eggs / sausage
5. Sugar
6. Milk
7. Passion fruit / oranges

## Planning Session – 30 minutes

For each task below, use separate sheets of paper and make duplicate copies using carbon paper.

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