

44/3  
FOODS AND NUTRITION  
Paper 3  
PRACTICAL  
JULY 2014  
1¾ hours

**NAKURU DISTRICT SEC. SCHOOLS TRIAL EXAMINATION- 2014**  
**Kenya Certificate of Secondary Education**

FOOD AND NUTRITION  
Paper 3  
PRACTICAL  
1¾ hours

PLANNING SESSION: 30 MINUTES  
PRACTICAL; TEST SESSION: 1¼ HOURS

**INSTRUCTIONS TO CANDIDATES**

1. Read the test carefully.
2. Write your name and index number on every sheet of paper used.
3. Textbooks 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 the practical session.
5. You are only allowed 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.

## THE TEST

Your mum is expecting a baby and she is experiencing heart burn. Using all the items listed below, prepare, cook and serve a two course meal for the two of you.

### Ingredients

Minced meat/Green grams

Rice/wheat flour

Green leafy vegetables

Carrots

Coriander leaves

A fruit in season

Salt

Cooking oil

Sugar

Onion

Cornflour

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

**NAKURU DISTRICT SEC. SCHOOLS TRIAL EXAMINATION- 2014**  
**Kenya Certificate of Secondary Education**  
**MARKING SCHEME**

441/3 HOMESCIENCE (FOODS AND NUTRITION)  
 JULY 2014

Candidates Name: \_\_\_\_\_ INDEX NO: \_\_\_\_\_  
 Subject teacher's Name: \_\_\_\_\_

|   | AREAS OF ASSESSMENT   | MAXIMUM SCORE                                      | ACTUAL SCORE | REMARKS |
|---|---|--|--------------|---------|
| 1 | <b>PLAN.</b> <ul style="list-style-type: none"> <li>• Recipe                             <ul style="list-style-type: none"> <li>- Availability</li> <li>- Correct quantities</li> <li>- Suitability of items</li> </ul> </li> <li>• Order of work                             <ul style="list-style-type: none"> <li>- Availability</li> <li>- Proper sequencing</li> </ul> </li> <li>• List of foodstuffs, materials and Equipment                             <ul style="list-style-type: none"> <li>- Availability</li> <li>- Adequacy</li> <li>- Appropriateness</li> </ul> </li> </ul> | <br>1<br>1<br>2<br><br>½<br>½<br><br>1<br>1<br>½   |              |         |
|   |   | 7½   |              |         |
| 2 | <b>PREPARATION</b> <ul style="list-style-type: none"> <li>• Correct procedure                             <ul style="list-style-type: none"> <li>- Appetizer (award zero if acidic fruits are used)</li> <li>- Protein</li> <li>- Vegetables (Award zero if kales are used)</li> <li>- Carbohydrates</li> </ul> </li> <li>• Methods of cooking (at least 2)</li> <li>• Quality of results                             <ul style="list-style-type: none"> <li>- Appetizer</li> <li>- Protein</li> <li>- Carbohydrates</li> <li>- vegetables</li> </ul> </li> </ul>                           | <br>1<br>1<br>1<br>1<br>1<br>1<br>½<br>1<br>1<br>1 |              |         |
|   |   | 8½   |              |         |

|   | AREAS OF ASSESSMENT   | MAXIMUM SCORE             | ACTUAL SCORE | REMARKS |
|---|---|---------------------------|--------------|---------|
| 3 | <b>PRESENTATION</b> <ul style="list-style-type: none"> <li>• Utensils                             <ul style="list-style-type: none"> <li>• Appropriateness</li> <li>- Cleanliness</li> </ul> </li> <li>• Garnishing</li> <li>• General impression</li> <li>• Personal (1) and food (1) hygiene</li> </ul> | <br>1<br>1<br>½<br>½<br>2 |              |         |
|   |   | 5                         |              |         |
| 4 | <b>Economy of Resources</b> <ul style="list-style-type: none"> <li>- Water (½)</li> <li>- Food (½)</li> <li>- Fuel (½)</li> <li>- Materials (½)</li> </ul>  |                           |              |         |
|   |   | 2                         |              |         |
| 5 | <b>Clearing up</b> <ul style="list-style-type: none"> <li>- During work</li> <li>- After work</li> </ul>  | 1<br>1                    |              |         |
|   | <b>TOTAL</b>  | 25                        |              |         |