

**441/3**  
**HOME SCIENCE**  
**PAPER 3**  
**(Food and Nutrition)**  
**Practical**  
**MARCH/APRIL 2016**  
**1 ¼ Hours**

**MOKASA JOINT EVALUATION EXAMINATION**  
**Kenya Certificate of Secondary Education**  
**(K.C.S.E)**

**441/3**  
**HOME SCIENCE**  
**PAPER 3**  
**(Food and Nutrition)**  
**Practical**  
**MARCH/APRIL 2016**  
**TIME: 1 ¼ Hours**

**PLANNING SESSION: 30 Minutes**

**PRACTICAL TEST SESSION: 1 ¼ Hours**

**Instructions to candidates**

- a. Read the test carefully.
- b. Text books and recipe books may be used during the planning session as reference materials.
- c. You will be expected to keep your order of work during the practical session.
- d. You are only allowed to take away your reference materials at the end of the planning session.
- e. You are not allowed to bring additional notes to the practical session.

## THE TEST

You have been left at home with your 10year old Nephew who is going for a trip after lunch.  
Using all the ingredients listed below.

- (a) Prepare a suitable one-course lunch for two.
- (b) Prepare and pack two suitable snacks and include a refreshing drink.

### Ingredients

1. Maize flour/Rice/Spaghetti
2. Beef
3. Kales/cabbage
4. Mango/pineapple/pawpaw
5. Garlic
6. Green paper/Capsicum
7. Onions
8. Tomatoes
9. Cooking fat/oil
10. Salt
11. Carrots
12. Royco
13. Eggs
14. Wheat flour
15. Baking powder
16. Dhania
17. Sugar

### **PLANNING SESSION-30MINUTES**

For each task listed below use separate sheets of paper and carbon paper to make duplicate copies then proceed as follows:

1. Identify the dishes and write their recipes.
2. Write your order of work.
3. Make a list of foodstuff and equipment you will require.