

**441/3**  
**HOME SCIENCE (FOODS AND NUTRITION)**  
**PAPER 3**  
**(PRACTICAL)**  
**JULY/AUGUST 2016**  
**TIME: 1¾ HOURS**

**KIRINYAGA CENTRAL SUB-COUNTY EFFECTIVE FORTY  
JOINT EXAMINATION – 2016**

**Kenya Certificate of Secondary Education**  
**HOME SCIENCE (FOODS AND NUTRITION)**  
**PAPER 3**  
**(PRACTICAL)**  
**TIME: 1¾ HOURS**

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

**INSTRUCTIONS TO CANDIDATE'S:**

- (a) Read the test carefully.
- (b) Write your name and index number on every sheet of paper used.
- (c) Text books and recipes may be used during the Planning Session as reference materials.
- (d) You are expected to keep to your order of work during the Practical Session.
- (e) You are only allowed to take away your reference materials at the end of the Planning Session.
- (f) You are not allowed to bring additional notes to the Practical Session.

## **THE TEST**

Your mother's friend is visiting your home and your mother has requested you to help prepare a 10.00 o'clock tea. Using the ingredient listed below, prepare, cook and present a beverage and two tea items for the three of you.

### **Ingredients.**

- Plain wheat flour/self raising flour.
- Eggs.
- Sugar.
- Milk.
- Tea leaves/cocoa/soya.
- Oil/fat.
- Salt.
- Bread.
- Tomatoes.
- Blue band.

### **PLANNING SESSION: 30 MINUTES**

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

1. Identify the beverage and the tea items then write down their recipes.
2. Write down your order of work.
3. Make a list of foodstuffs and equipment you will require.