

NAME: _____ INDEX NO. _____

DATE: _____ SIGN: _____

441/3

HOME SCIENCE (FOODS AND NUTRITION)

Paper 3

PRACTICAL

JYLY/AUGUST 2016

TIME: 1 ¾ HOURS.

GATUNDU SUB COUNTY FORM FOUR JOINT EVALUATION EXAMINATION 2016

HOME SCIENCE (FOODS AND NUTRITION)

PAPER 3

PRACTICAL

1 ¾ HOURS

INSTRUCTIONS TO CANDIDATES.

PLANNING SESSION - 30 MINUTES.

PRACTICAL TEST SESSION 1 ¾ HOURS

1. Read the test carefully.
2. Write your name and Index number on every sheet of paper used.
3. Text books 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 to take away your reference materials at the end of the planning session.
6. You are not allowed to bring additional notes to practical session.

THE TEST

Your mother is convalescing at home after an abdominal operation. Using the ingredients listed below, prepare, cook and present a suitable meal to include a nutritious drink for both of you.

Ingredients:-

Irish potatoes.

Oranges/passion fruits.

Onions.

Sugar.

Tomatoes.

Fat/Oil

Salt.

Liver/Green peas

Milk.

Green leafy vegetables.

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 food items and write down their recipes.
2. Write down your orders of work.
3. Make a list of the food stuffs, materials and equipment you will require.

441/3

FOODS AND NUTRITION

MARKING SCHEME

JULY/AUGUST 2016

GATUNDU JOINT EVALUATION TEST

HOME SCIENCE

MARKING SCHEME

(Confidential)

CANDIDATE'S NAME: _____ INDEX NO. _____

SUBJECT TEACHER'S NAME: _____

	AREAS OF ASSESSMENT	MAXIMUM SCORE	ACTUAL SCORE	REMARKS
1	<u>PLAN</u>			
	❖ Recipe			
	- availability	1		
	- correct quantities	1		
	- suitability of food items	1		
	❖ Order of work			
	- availability	½		
	- proper sequencing	½		
	❖ List of food stuffs, materials and equipment:			
	- availability	1		
	- adequacy	½		
- appropriateness	½			
	6			
2	<u>PREPARATION:</u>			
	❖ Correct procedure			
	- protein	1		
	- carbohydrates	1		
	- Vegetable	1		
	- Drink	1		
❖ Methods of Cooking (at least two)	2			

	❖ Quality of Results			
	- Protein	1		
	- Carbohydrates	1		
	- Vegetables	1		
	- Drink	1		
		10		
3	PRESENTATION			
	❖ Utensils			
	- appropriateness	1		
	- Cleanliness	1		
	❖ General impression	1		
	❖ Hygiene			
	- Personal	1		
	- Food	1		
		5		
4.	ECONOMY OF RESOURCES			
	- water	½		
	- Food	½		
	- Fuel	½		
	- Materials	½		
		2		
5	CLEARING UP			
	- During work	1		
	- After work	1		
		2		
	TOTAL	25		