

441/3
HOMESCIENCE
Paper 3
(FOOD AND NUTRITION)
Practical
KCSE MOCKS 2017

Time: 1 ¼ Hours

PLANNING SESSION 30 MINUTES
PRACTICAL TEST SESSION 1¼ HOURS

INSTRUCTIONS TO CANDIDATES:

Read the Test carefully.

- Write your *name* and *index* number on every sheet of paper used.
- Text books 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 only allowed to take away your reference materials at the end of the planning session.
- You are not allowed to bring additional notes to the practical session.

This paper consists of 2 printed pages. Candidates should check to ascertain that all pages are printed as indicated and that no questions are missing.

THE TEST

Your mother has not been feeling well and she has to go and see a doctor leaving you to take care of your one and a half years old brother.

Using ingredients listed below.

1. Prepare, cook and serve a suitable multi-mix weaning dish to serve the two of you.
2. Include a nutritious drink.

List of ingredients

- Fish/chicken/liver
- Green peas
- Green leafy vegetables
- Carrots
- Tomatoes
- Potatoes/cooking banana (Green bananas)
- Fruits in season
- Salt
- Fat/oil/margarine
- Onion
- Milk
- Dhania

Planning Session

Use separate sheets of paper for each task listed below and a carbon paper to make duplicate copies.

- 1) Identify the dishes and write down their recipes.
- 2) Write down your order of work.
- 3) Make a list of the food stuffs and equipments you will require.