

441/3
HOME SCIENCE (FOODS AND NUTRITION)
Paper 3
PRACTICAL
June 2017
1 ¾ hours

THE KENYA NATIONAL EXAMINATIONS COUNCIL
Kenya Certificate of Secondary Education
HOME SCIENCE (FOODS AND NUTRITION)
Paper 441/3
PRACTICAL
1 ¾ hours

PLANNING SESSION: 30 minutes

PRACTICAL TEST SESSION: 1¾ hours

Instructions to candidates

- (a) Read the test carefully.*
- (b) Write your name and index number on every sheet of paper used.*
- (c) Text books and recipe books may be used during the planning session as reference materials.*
- (d) You will be 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.*

This paper consists of 2 printed pages
Candidates should check to ensure that both pages are printed

THE TEST

Your friend just called to inform you that she will pass by your place to have lunch.

Using all the ingredients listed below:

- (i) Prepare a two course lunch for both of you.

Ingredients

1. Left over Ugali/ Rice
2. Chicken
3. Pumpkin/ Peas
4. Bread rolls/ Scones
5. Carrots
6. Tomatoes
7. Green pepper
8. Onions
9. Salt
10. Coriander leaves
11. Spices
12. Cooking fat/ oil

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 order of work
3. Make a list of food stuffs, materials and equipment you will require.