**NAME:………………………………………….ADM NO………CLASS……….**

**DATE ……………….SIGN…………**

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**HOMESCIENCE**

**PAPER 3**

**FOODS AND NUTRITION**

**TIME: 1 HR 45 MINUTES**

ASUMBI GIRLS HIGH SCHOOL

PRE-MOCK

MAY-JUNE

2022

**Kenya Certificate of Secondary Education (KCSE)**

**PLANNING: 30 MINUTES**

**PRACTICAL :1 HR 15 MINUTES**

**THE TEST**

You are taking care of your older sister who is recuperating at home, using the ingredients listed below, prepare cook and serve a suitable two course meal for the two of you.

Ingredients

* Rice/Irish potatoes
* Minced meat/liver
* Onions
* Tomatoes
* Ripe bananas
* Lemon
* Pawpaws/mangoes
* pineapples
* Carrot
* Salt
* Oil/fat
* sugar
* cabbage
* Dhania

For each task below, use separate sheets of paper and make duplicate copies using carbon paper. Then proceed as follows:-

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