

441/3

FOODS AND NUTRITION

PAPER 3

PRACTICAL

JULY/ AUGUST 2013

1³/₄ HOURS

KIKUYU DISTRICT INTERSCHOOLS EVALUATION
KENYA CERTIFICATE OF SECONDARY EDUCATION

FOODS AND NUTRITION

PAPER 3

PRACTICAL

1³/₄ HOURS

PLANNING SESSION - 30 Minutes

PRACTICAL TEST SESSION - 1¹/₄ Hours

Instructions to candidates

1. Read the test carefully.
2. You are advised to spend 30 minutes to come up with a plan of work which will be used for the practical.
3. Textbooks and recipes may be used during the planning as reference materials.
4. You will be required to keep to your order of work during the practical session.
5. At the end of the planning session, the two copies of the plan are to be handed over to the teacher.
The question paper and plan will be handed back to you at the beginning of the practical test session.
6. You are not allowed to bring additional notes to the practical session.

THE TEST

You have been invited to attend a youth camp with your friend. Using the list of ingredients provided, prepare, cook and pack two items and a nutritious drink to be eaten along the way.

Ingredients

- Eggs
- Wheat flour
- Sugar
- Bread
- Oil/fat
- Margarine
- Fruit in season
- Milk
- Salt

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 foodstuffs, materials and equipment you will require.