

441/3  
HOMESCIENCE  
PAPER 3  
PRACTICAL  
(FOOD AND NUTRITION)  
JULY / AUGUST 2013  
TIME: 1 ¾ HOURS

## **NANDI NORTH DISTRICT JOINT MOCK EVALUATION TEST 2013**

*Kenya Certificate of Secondary Education (K.C.S.E.)*  
HOMESCIENCE  
PAPER 3  
TIME: 1 ¾ HOURS

### **INSTRUCTIONS TO CANDIDATES**

**PLANNING SESSION: 30 MINUTES**  
**PRACTICAL 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 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 the practical session.

## THE TEST

1. Your nephew is a manual labourer in a nearby quarry. Due to his busy work in the quarry, you will be responsible for his meal, therefore you will be expected to prepare, cook and serve him and yourself a one course meal that you will take using ALL the ingredients provided below.

### Ingredients

- Chicken / Beef / Green grams
- Wheat flour / green bananas / Irish potatoes / Nduma
- Kales / cabbage
- Salt
- Fat / oil
- Onions
- Tomatoes
- Royco / beef stock / chicken stock
- Carrots
- Sugar

### PLANNING SESSION: 30 MINUTES

Write the lists of the tasks to be performed on separate sheet of paper in duplicate copies using a carbon paper.

1. Identify the dishes and write down their recipes.
2. Write down the order of work.
3. Make a list of the food, materials and equipment needed for the task.