

Name :.....Index No:.....

School :.....Candidate's Sign:.....

Date :.....

441/3

HOMESCIENCE (FOOD AND NUTRITION)

Paper 3

PRACTICAL

May – June 2014

Time: 2 ¾ Hrs

EKSIKA JOINT EVALUATION TEST

Kenya Certificate of Secondary Education

INSTRUCTIONS TO CANDIDATES

- a) Planning session 30 minutes
- b) Practical session 1 ¼ hours
- c) Read the test carefully
- d) Text books and recipes may be used during the planning session as reference materials.
- e) You will be expected to keep to your order of work during the practical session.
- f) You are only allowed to take away your reference materials at the end of the planning session.
- g) You are not allowed to bring additional notes to the practical session.

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

THE TEST

Your cousin will be coming to spend with you over the weekend. Using the ingredients listed below; prepare, cook and serve a two course meal. Include a refreshing drink.

INGREDIENTS;

- a) Beef/ green grams/ eggs/sossi
- b) Rice/ wheat flour/ irish potatoes /maize flour
- c) Onions
- d) Tomatoes
- e) Fat/oil
- f) Salt
- g) Carrots
- h) Green leafy vegetables
- i) Fruit in season
- j) Sugar
- k) Capsicum
- l) Coriander

PLANNING SESSION

For each task listed below, use separate sheets of paper and make copies using carbon paper then proceed as follows;

1. Identify the dishes and write down the recipes.
2. Write down order of work.
3. Make a list of the food stuffs and the equipment that you will require.