

441/3  
HOME SCIENCE  
(Practical)  
PAPER 3  
JULY/AUGUST 2014  
TIME 1 ¾ HOURS

GATUNDU SUB COUNTY FORM FOUR 2014 EVALUATION EXAM  
FOOD AND NUTRITION  
PAPER 3  
PRACTICAL: 1 ¾ HOURS

FOOD AND NUTRITION  
PLANNING SESSION: 30 MINUTES  
PRACTICAL: 1 ¼ HOURS

INSTRUCTION TO CANDIDATES

1. Read the test carefully
2. You are expected to use fullscaps provided.
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.
7. Use English only.

## THE TEST

Your two friends are coming for lunch at your house. Using all ingredients listed below, prepare, cook and present a two-course meal lunch for the three of you.

### Ingredients

#### RICE/POTATOES

Fat/oil

Salt

Meat

Green leafy vegetables

Carrots

Onions

Tomatoes

Dhania/Capsicum

Fruits in season

### PLANNING SESSION – 30 minutes

Use separate sheets of paper for each task listed below and a carbon paper to make duplicate copies then proceeds as follows:-

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