

NAME ..... DATE .....

INDEX NO. .... CANDIDATE'S SIGNATURE .....

441/3  
HOME SCIENCE (FOODS AND NUTRITION)  
Paper 3  
Practical  
MARCH/APRIL 2015

Time: 1¾ Hours

# CROSS COUNTRY EXAMS 2015

*Kenya Certificate of Secondary Education*

441/3  
HOME SCIENCE (FOODS AND NUTRITION)  
Paper 3  
Time: 1¾ Hours

Practical session : 1¼ hours  
Planning test session : 30 minutes

## INSTRUCTIONS TO CANDIDATES

- a) Read the test carefully.
- b) Write your name and index number on every sheet of paper used.
- c) Textbooks and recipes may be used during the planning session as reference materials.
- d) You will be expected to keep to your order of work during the practical session.
- e) You are only allowed to take away your reference materials at the end of the planning session.
- f) You are not allowed to bring additional notes to the practical session.
- g) This paper consists of 2 printed pages.

Candidates should check to ensure that all pages are printed as indicated and no questions are missing

## **THE TEST**

You are hosting one of your friends for your birthday. Using the ingredients listed below, prepare, cook and serve two food items, include a refreshing drink.

### **Ingredients**

- ✓ Salt
- ✓ Beef
- ✓ Fat/oil
- ✓ Garlic
- ✓ Rice
- ✓ Onions
- ✓ Ginger
- ✓ Pilau mix
- ✓ French beans
- ✓ Fruits in season

### **Planning session: 30 minutes**

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

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