

441/3
HOME SCIENCE (FOODS AND NUTRITION)
PAPER 3
(PRACTICAL)
TIME: 1¾ HOURS

CENTRAL KENYA NATIONAL SCHOOLS JOINT EXAM - 2015

Kenya Certificate of Secondary Education
HOME SCIENCE (FOODS AND NUTRITION)
PAPER 3
(PRACTICAL)
TIME: 1¾ HOURS

PLANNING SESSION: 30 MINUTES
PRACTICAL TEST SESSION: 1¼ HOURS

INSTRUCTIONS TO CANDIDATE'S:

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 are expected to keep to your order of work during the 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.

Your father and his friend, who work at a construction site, are coming for lunch at your home. Using the ingredients listed below prepare, cook and present a two course meal to include a refreshing drink.

INGREDIENTS:

- Margarine
- Maize meal flour
- Cooking oil / fat.
- Salt.
- Onion.
- Tomatoes
- Green leafy vegetables.
- Dhania
- Royco/beef cubes.
- Fruits in season
- Sugar
- Garlic
- Beef
- Bread

PLANNING SESSIONS;

Use separate sheets of paper for each task listed below and a carbon paper to make duplicate copies.

Proceed as follows:

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