**441/ 3**

**FOODS AND NUTRITION**

**Paper 3**

**PRACTICAL**

**JULY/AUGUST, 2015**

**TIME: 1¾ Hours**

FOODS AND NUTRITION

Paper 3

PRACTICAL

TIME: 1¾ Hours

**INSTRUCTIONS; TO CANDIDATES**

**PLANNING SESSION: 30 MINUTES**

**PRACTICAL TEST SESSION: 1¼ HRS**

1. Read the test carefully
2. No stationery is provided.
3. You are expected to use pages of the question paper as stationary for your work.
4. Textbooks and recipes may be used during the planning session as reference materials.
5. You will be expected to keep to your order of work during the practical session
6. Write your name and admission number on every sheet of paper used.
7. You are only **allowed** to take away your reference materials at the end of the planning session.
8. You are not allowed to bring **additional notes** to the practical session.
9. **This paper consists of 12 printed pages**
10. **Candidates should check to ensure that all pages are printed as indicated and no questions are missing**

**THE TEST**

You are visiting a neighbouring school for a symposium that will take the whole day. Using the following ingredients, prepare, cook, and pack two items (snacks) to eat during the lunch break. Include a nutritious drink.

**LIST OF INGREDIENTS**

* Wheat flour
* Margarine
* Cooking oil
* Onions
* Sugar
* Baking powder
* Beef
* Tomatoes
* Mixed spices
* Egg
* Salt
* Fruits in season.

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Index No. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Candidate’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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