NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ INDEX NO. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SCHOOL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SIGNATURE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**441/ 3**

**HOMESCIENCE**

**(FOODS AND NUTRITION)**

**PAPER 3**

**PRACTICAL**

JULY/AUGUST, 2015

**TIME: 1¾ HOURS**

PLANNING SESSION: 30 MINUTES

PRACTICAL TEST SESSION: 1¼ HRS

# INSTRUCTIONS TO CANDIDATES

1. Read the test carefully
2. Write your name and index number on every sheet of paper used.
3. You are advised to spend 30 minutes to come up with a plan of work which will be used for the practical.
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. You are **allowed** to take away your reference materials at the end of the planning session.
7. You are **not** allowed to bring **additional notes** to the practical session.

*This paper consists of 12 printed pages.*

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

**THE TEST**

Your friend who is a Lacto vegetarian is coming to stay with you over the weekend.

Using the ingredients listed below, prepare, cook and present a one course meal to be taken for lunch for the two of you. Include a refreshing drink.

**INGREDIENTS**

* Green grams / green peas/ egg/ beans
* Carrots
* Rice/ potatoes / spaghetti
* Spices
* Salt
* Fruits in season
* Cabbage
* Tomatoes
* Dhania
* Onions
* Fat/ oil
* Sugar

**Planning session: 30 Minutes**

**Practical session: 1**$\frac{1}{4}$ **Hours**

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

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

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

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

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

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**FOODS AND NUTRITION**

**Paper 3**

**PRACTICAL**

JULY/AUGUST, 2015

**TIME: 1¾ HOURS**

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

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

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

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

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**FOODS AND NUTRITION**

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