**441/3**

**HOME SCIENCE**

**FOODS AND NUTRITION**

**PAPER 3**

**(PRACTICAL)**

**TIME: 1¾ HOURS**

**MACHAKOS COUNTY KCSE TRIAL AND PRACTICE EXAM 2015**

**Kenya Certificate of Secondary Education**

**FOODS AND NUTRITION**

**PAPER 3**

**(PRACTICAL)**

**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 will be 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.

***A special Performance Improvement Project***

***By His Excellency Dr. Alfred Mutua***

***Sponsored by the County Government of Machakos***

**THE TEST**

You intend to visit your Aunt who is convalencing in Hospital after undergoing an abdominal operation.

Using all ingredients listed below, plan prepare and pack a suitable one dish meal for both of you and include a nutritious drink.

**INGREDIENTS**

* Minced meat /green peas /sossi soya
* Irish potatoes
* Green bananas
* Spinach
* Onion
* Cooking fat /oil
* Sugar
* Tomatoes
* Milk
* Carrot
* Salt
* Cocoa/chocolate

**Planning session 30 minutes**

- For each task listed below, use separate piece of paper and make duplicate copies using carbon paper then proceed as follows.

1. Identify the dishes and write down the recipes.

2. Write down your order of work.

3. Make a list of the foodstuff and equipment you will require.