NAME…………………………………………………INDEX NO…………………………………

SCHOOL……………………………………………...CANDIDATE’S SIGNATURE…………….

DATE………………………………………

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FOOD AND NUTRITION

PAPER 3 PRACTICAL

MARCH / APRIL 2015

TIME 1 ¾ HOURS

**KABONDO DIVISION JOINT EVALUATION TEST**

*Kenya Certificate of Secondary Education*

***HOMESCIENCE PAPER 3***

***PLANNING SESSION: 30MINUTES***

***PRACTICAL TEST SESSION: 1 3/4 HRS***

**INTRODUCTION TO CANDIDATES**

1. Write your name and index no in the spaces provided
2. Put your signature in the spaces provided above
3. You will be expected to keep to your order of work during the practical session
4. Text books and recipes may be used during the planning session as reference materials
5. You are allowed not to bring additional notes to the practical session

***This paper consists of 2 printed pages. Candidates should check the question paper to ensure that all pages are printed as indicated and no questions are missing.***

**THE TEST**

Your best friend has promised to visit you for a lunch treat at your home during the holiday.Prepare ,cook and serve a one course meal to include a nutritious drink for her and you.

**Ingredients:**

Beef/Liver

Rice /Wheat flour/Potatoes

Cooking fat/oil

Salt

Spices e.g Royco/chilli/pepper/curry powder/pilau masala

Garlic

Hoho

Dhania

Carrots

Green leaf vegetables

Fruits in season

**Write down *in duplicates***

**PLANNING SESSION\_30 Minutes**

*Use separate sheets of paper for each listed task listed below and a 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 the foodstuffs, equipments and materials you will require

**INSTRUCTIONS**

1. Identify the dishes and nutritious drink then write down their recipes
2. Write the order of work
3. Write the equipment and materials and the list of foodstuffs required