

441/3
HOME SCIENCE (FOODS AND NUTRITION)
PAPER 3
(PRACTICAL)
JULY/AUGUST 2014
TIME: 1¾ HOURS

KIHARU/KAHURO DISTRICT JOINT EXAMINATION – 2014

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.

THE TEST:

Your sister who is recovering from a goitre operation has just come from hospital. Using the ingredients provided below; prepare, cook and present a midday meal for the two of you. Include a nutritious drink.

INGREDIENTS:

- Liver/Green peas
- Tomatoes.
- Onions.
- Salt.
- Fruits in season.
- Sugar.
- Fats/oil.
- Irish potatoes/green bananas.
- Green leafy vegetables.
- Carrots.

PLANNING SESSION – 30 MINUTES

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

- 1) Identify the food items and write down their recipes.
- 2) Write down your order of work.
- 3) Make a list of the food stuffs, materials and equipment you will require.