

NAME DATE

INDEX NO. CANDIDATE'S SIGNATURE

441/3

HOME SCIENCE

PAPER 3 (FOODS AND NUTRITION)

PRACTICAL

JULY/AUGUST 2014

Time: 1³/₄ Hours

MBOONI WEST SUB - COUNTY JOINT EVALUATION TEST

Kenya Certificate of Secondary Education

441/3

HOME SCIENCE

PAPER 3 (FOODS AND NUTRITION)

PRACTICAL

JULY/AUGUST 2014

Time: 1³/₄ Hours

Practical session: 1¹/₄ hours

Planning test session: 30 minutes

INSTRUCTIONS TO CANDIDATES

- Read the test carefully.
- Write your name and index number on every sheet of paper used.
- Textbooks and recipes may be used during the planning session as reference materials.
- You will be expected to keep to your order of work during the practical session.
- You are only allowed to take away your reference materials at the end of the planning session.
- You are not allowed to bring additional notes to the practical session.
- This paper consists of 2 printed pages. Candidates should check to ensure that all pages are printed as indicated and no questions are missing

THE TEST

You are taking care of your ten year old sister who is recovering from Malaria. Using the ingredients listed below plan, prepare and present.

- i) A one course supper for both of you
- ii) A refreshing fruit drink

INGREDIENTS

- Leftover meat/poultry/fish
- Rice/ wheat flour
- Cabbage/Spinach
- Passion/Pineapples fruit/mango
- Sugar
- Salt
- Tomatoes
- Onions
- Oil
- Capsicums
- Dhania
- Royco
- Fresh garlic

PLANNING SESSION:30 MINUTES

Use separate sheets of paper for each task listed below and use carbon paper to make duplicate copies as follows:-

- i) Identify the dishes and write down their recipes
- ii) Write down your order of work
- iii) Make a list of foodstuffs and equipments you will require.