

441/3  
HOMESCIENCE  
PAPER 3  
PRACTICAL  
(FOOD AND NUTRITION)  
JULY / AUGUST 2014  
TIME: 1¼ HOURS

## NANDI NORTH SUB-COUNTY JOINT EVALUATION 2014

*Kenya Certificate of Secondary Education (K.C.S.E.)*  
HOMESCIENCE  
PAPER 3  
TIME: 1¼ HOURS

### **INSTRUCTIONS TO CANDIDATES**

**PLANNING SESSION: 30 MINUTES**

**PRACTICAL SESSION: 1¼ HOURS**

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 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.
7. This paper consists of two printed pages.
8. Candidates should cheque the question to ascertain that both pages are printed as indicated and no page is missing.

## **THE TEST**

Your desk mate will be visiting you at your home over the holidays, she will be arriving in the evening. Using all the ingredients below, prepare, cook and present a suitable meal for supper for both of you.

Include a multi-mix weaning dish for your ten month old brother.

## **INGREDIENTS**

- Minced beef / Green peas / Soya chunks
- Potatoes / Green bananas / Spaghetti / Rice
- Milk
- Coriander
- Oil
- Salt
- Onions
- Capsicum
- Carrots
- Tomatoes
- Green leafy vegetables

## **PLANNING SESSION: 30 MINUTES**

For each task listed below, use separate sheets of paper and make duplicate copies using carbon paper.

Then proceed as follows:-

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