

Name.....

Index No.

School

Date.....

441/3

FOODS AND NUTRITION

PRACTICAL

Paper 3

June 2016

Time: 1 ¾ Hours

KASSU J.E.T

Kenya certificate of secondary Education

HOME SCIENCE

Paper 3

(Practical)

1 ¾ hours.

PLANNING SESSION : 30Minutes

PRACTICAL TEST SESSION : 1 ¼ Hours

INSTRUCTIONS TO CANDIDATES

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

This paper consists of 2 printed pages.

*Students should check the question paper to ensure that all pages are printed as indicated
and no questions are missing*

You are at home for your half- term holiday and your Uncle who is a manual worker pays a visit with a 2 ½ years old child. Using the ingredients listed below, prepare and serve a suitable mid- day meal to include a boiled item, fried item and a nutritious drink for the three of you.

Ingredients

- Beef / poultry.
- Green bananas/potatoes.
- Wheat flour/sifted maize flour.
- Green leafy vegetables.
- Fruit in season.
- Tomatoes
- Dhania
- Carrots
- Milk
- Sugar
- fat / oil
- Seasonings.

PLANNING SESSION: 30 MINUTES

Use separate sheets of paper for each 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 and equipment you will require.

END