

441/3

**HOMESCIENCE**

Paper 3

FOODS AND NUTRITION

**July/August 2016**

Time: 1¾ hours

**NTIMA, NYAKI AND MUNICIPALITY CLUSTER EVALUATION 2016**

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FOODS AND NUTRITION

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**Planning session: 30 minutes**

**Practical Test 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 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*

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

## **THE TEST**

Your friend is visiting you and she is staying for a while. Using the ingredients given below, prepare, cook and present a suitable two course meal for the two of you.

### **Ingredients**

- Meat
- Wheat flour/rice/potatoes
- Carrots
- Green leafy vegetables
- Tomatoes
- Onions
- Garlic/green pepper
- Bread
- Fat
- Salt

### **PLANNING SESSION- 30 minutes**

Use separate sheet of paper for each task listed below and use carbon papers to make duplicate copies then process as follows;

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