**NAME ……………………………..……… DATE ………………………….……………**

**INDEX NO. …………….……….……..…..… CANDIDATE’S SIGNATURE …………..…………..**

**441/3**

**HOME SCIENCE (FOODS AND NUTRITION)**

**Paper 3**

**Practical**

**Time: 1¾ Hours**

**FORM 3**

***Kenya Certificate of Secondary Education***

**441/3**

**HOME SCIENCE (FOODS AND NUTRITION)**

**Paper 3**

**Time: 1¾ Hours**

**Practical session: 1¼ hours**

**Planning test session: 30 minutes**

**INSTRUCTIONS TO CANDIDATES**

1. Read the test carefully.
2. Write your name and index number on every sheet of paper used.
3. Textbooks 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.
7. 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 staying with your step sister who has a two weeks old child. Using the ingredients listed below, prepare, cook and present a one course meal and a nutritions drink for the two of you.

**Ingredients**

* Rice / green bananas/ potatoes
* Milk
* Fish/ liver
* Green leafy vegetables
* Fruits in season
* Onions
* Fat/ oil
* Salt
* Tomatoes
* Sugar

PLANNING SESSION – 30 MINUTES

* Use separate sheets of paper for each task listed below and carbon paper to make duplicates copies

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