**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 hosting one of your friends for your birthday. Using the ingredients listed below, prepare, cook and serve two food items, include a refreshing drink.

**Ingredients**

* Salt
* Beef
* Fat/oil
* Garlic
* Rice
* Onions
* Ginger
* Pilau mix
* French beans
* Fruits in season

**Planning session: 30 minutes**

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

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