**NAME: ………………………………………………………………….INDEX NO: ………...............**

**SCHOOL: ……………………………………………………………………………………………….**

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**HOME SCIENCE**

**PAPER 3**

**(FOOD AND NUTRITION (PRACTICAL)**

**1 HOUR 15 MINUTES**

**FORM 4**

**PLANNING SESSION: 30 MINUTES**

**PRACTICAL TEST SESSION: 1 HOUR 15 MINUTES**

**INSTRUCTION TO CANDIDATES**

* *Write your name and index number.*
* *Read the test carefully and write duplicate copy of the rough order of work.*
* *Recipe books and other notes can be used during planning but during the practical use the order of work only.*
* *After the planning, hand over the original and duplicate copy of the order of work.*

**THE TEST**

Your sister –in-law is arriving home from Nairobi in preparation to attend her son’s visiting day, who is in a boarding school. Using the ingredients listed below, prepare, cook and present a lunch meal to be eaten during the visiting day, include a nutritious drink.

* Rice/wheat flour
* Ndengu /beef
* Leafy vegetables
* Tomatoes
* Spring onions
* Capsicum /carrots
* Fresh milk
* Tea leaves
* Sugar
* Salt
* Fat /oil

**PLANNING SESSION 30 MINUTES**

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

1. **Identify** the beverage and the tea items, then write down their recipes
2. **Write down** your order of work
3. **Make** a list of the foodstuff and equipment you will require.