**441/3**

**HOME SCIENCE**

**PAPER 3**

**(Food and Nutrition)**

**Practical**

**1 ¼ Hours**

**Kenya certificate of secondary education**

**(K.C.S.E)**

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**HOME SCIENCE**

**PAPER 3**

**(Food and Nutrition)**

**Practical**

**TIME: 1 ¼ Hours**

**PLANNING SESSION:** 30 Minutes

**PRACTICAL TEST SESSION:** 1 ¼ Hours

**Instructions to candidates**

1. Read the test carefully.
2. Text books and recipe books may be used during the planning session as reference materials.
3. You will be expected to keep your order of work during the practical session.
4. You are only allowed to take away your reference materials at the end of the planning session.
5. You are not allowed to bring additional notes to the practical session.

**THE TEST**

You have been left at home with your 10year old Nephew who is going for a trip after lunch.

Using all the ingredients listed below.

(a)Prepare a suitable one-course lunch for two.

(b)Prepare and pack two suitable snacks and include a refreshing drink.

**Ingredients**

1.Maize flour/Rice/Spaghetti

2. Beef

3. Kales/cabbage

4. Mango/pineapple/pawpaw

5. Garlic

6. Green paper/Capsicum

7. Onions

8. Tomatoes

9. Cooking fat/oil

10. Salt

11. Carrots

12. Royco

13. Eggs

14. Wheat flour

15. Baking powder

16. Dhania

17. Sugar

**PLANNING SESSION-30MINUTES**

For each task listed below use separate sheets of paper and carbon paper to make duplicate copies then proceed as follows:

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