**441/3**

**HOME SCIENCE**

**Foods & Nutrition**

**Paper 3**

**PRACTICAL**

**July/ August 2019**

**1 ¾ Hours**

**MOKASA II JOINT EXAMINATION – 2019**

**Kenya Certificate of Secondary Education.**

**HOME SCIENCE**

**Foods & Nutrition**

**Paper 3**

**July/ August 2019**

**1 ¾ Hours**

**INSTRUCTIONS TO CANDIDATES**

**PLANNING SESSION: 30 Minutes**

**PRACTICAL SESSION: 1 ¼ HOURS**

1. *Read the test carefully.*
2. *Write down 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 allowed to take away* ***ONLY*** *your reference materials at the end of the planning session.*
6. *You are not allowed to bring additional notes to the practical session.*
7. *Candidates should check the question paper to ascertain that both pages are printed as indicated and that no page is missing.*
8. *Candidates should answer the questions in English.*

**THE TEST**

Your mother and her two friends are having a ‘chama’ brief. Using **ALL** ingredients listed below, prepare, cook and serve an early 2-course midday meal for them. Include a stimulating drink, to be served later.

**Ingredients**

Oil/fat

Wheat floor / maize meal

Milk

Hoho

Beverage

Ginger

Leafy vegetables

Salt

Beef

Onions

Sugar

Pineapple

Water melon

Lemon

Bananas

Tomatoes

Pawpaw

**PLANNING SESSION: 30 MINUTS**

For each task below, use separate sheets of paper and make duplicate copies using carbon paper. Then proceed as follows:

1. Identify the dishes and write down the recipes.
2. Write your order of work.
3. Write the list of foodstuffs, equipment and materials.

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