

NAME:.....CLASS:.....ADM NO:.....

HOME SCIENCE

TERM 1 2020 - FORM 3

PAPER 3

30 MINUTES

MKS

INSTRUCTIONS

Answer all the questions in the spaces provided.

1. Your 6 year old cousin is visiting you over the weekend and you plan to have lunch together. Using the foodstuffs and ingredients listed below, prepare, cook and present a one course meal and a refreshing drink for both of you.

Ingredients.

- Potatoes/ maize flour
- French beans / green peas
- Tomatoes
- Sugar
- Margarine
- Chicken /fish
- Carrots
- Coriander
- Salt
- Fruit in season
- Water
- Onions
- 1 clove garlic
- Fat/oil
- Royko

PLANNING SESSION.

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

- i. Identify the dishes and write down the recipes
- ii. Write down your order of work.
- iii. Make a list of equipment and materials you will require.

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