

441/3  
HOME SCIENCE  
PAPER 3  
(Food and Nutrition)  
Practical  
March/ April 2020  
Time: 1<sup>3</sup>/<sub>4</sub> hours

# MOKASA JOINT EVALUATION EXAMINATION.

## K.C.S.E

441/3

HOME SCIENCE.

PAPER 3

(Food and nutrition)

Practical.

MARCH/ APRIL 2020

TIME: 1<sup>3</sup>/<sub>4</sub> HOURS

**PLANNING SESSION : 30 MINUTES**

**PRACTICAL TEST SESSION : 1<sup>3</sup>/<sub>4</sub> HOURS**

### Instructions to the candidates.

- i. Read the test carefully.
- ii. No extra stationery is provided.
- iii. You are expected to use pages of the question paper as stationery.
- iv. Text books and recipes may be used during the planning session as reference materials.
- v. You will be expected to keep to your order of work during the practical
- vi. You are only allowed to take away your reference materials at the end of the planning session.
- vii. You are not allowed to bring additional notes to the practical session.

## THE TEST.

You have won a tender to serve a lunch on a construction site. One of the workers is a mother (**mwanamke bomba**) with her seven months old baby. Using the ingredients listed below plan, prepare, cook and serve a one course lunch and a suitable weaning dish for the baby. Include a nutritious drink.

### Ingredients.

Maize flour / wheat flour

Beef.

Kales / Cabbage.

Mangoes.

Irish potatoes.

Tomatoes.

Onions

Coriander leaves.

Sugar.

Cinnamon sticks.

Cooking oil / fat.

Salt.

Milk.

### **PLANNING SESSION - 30 MINUTES.**

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

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