

**441/3**  
**HOME SCIENCE (FOODS AND NUTRITION)**  
**Paper 3**  
**(PRACTICAL)**  
**June/July, 2021**  
1  $\frac{3}{4}$  hours

**THE KENYA NATIONAL EXAMINATION COUNCIL**  
**Kenya Certificate of Secondary Education**  
**HOME SCIENCE (FOODS AND NUTRITION)**  
**Paper 3**  
**(PRACTICAL)**  
1  $\frac{3}{4}$  hours

**Instructions to candidates**

PLANNING SESSION: 30 minutes  
PRACTICAL TEST SESSION: 1  $\frac{1}{4}$  hours

- (a) *Read the test carefully.*
- (b) *No stationery is provided.*
- (c) *Write your name and index number on every sheet of paper used.*
- (d) *Textbooks and recipes may be used during the planning session as reference materials.*
- (e) *You will be expected to keep your order of work during the practical session.*
- (f) *You are only allowed to take away your reference materials at the end of the planning session*
- (g) *You are **not** allowed to bring additional notes to the practical session.*

## **THE TEST**

You are taking care of your nursing Aunt. Use all the ingredients listed below to prepare, cook and serve;

- (i) A beverage with an accompanying snack for her 10 o'clock.
- (ii) A one-course lunch for both of you.

### **Ingredients**

Rice

Milk

Capsicum

Sugar

Tomatoes

Green leafy vegetable

Cooking oil

Fat

Salt

Tea leaves/cocoa

Onions

Coriander leaves

Minced beef

Ready made Bread/Scones

### **PLANNING SESSION – 30 MINUTES**

Use separate sheets of paper for each task listed below and carbon paper to make duplicate copies. Then proceed as follows;-

1. Identify the food items and write down their recipes.
2. Write down your order of work.
3. Make a list of foodstuffs, materials and equipments you will require.