

441/3

HOME SCIENCE

(Food and Nutrition)

Paper 3

Practical

Time: 1<sup>3</sup>/<sub>4</sub> Hours

KASSU JOINT EXAMINATION

SEPTEMBER 2021

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(Food and nutrition)

Paper 3

Time: 1<sup>3</sup>/<sub>4</sub>

Planning session - 30 minutes

Practical test session – 1<sup>1</sup>/<sub>4</sub> hours

Instructions to candidates

1. Read the test carefully.
2. Write your name on every sheet of paper.
3. Textbooks and recipes may be used during the planning session as reference.
4. You will be expected to keep to your order of work during the practical session.
5. You are only allowed to take away your reference materials at the end of the planning session.
6. You are not allowed to bring additional notes to the practical.

## THE TEST

You are home for half term with a visiting cousin who will be travelling early in the morning.

Using **ALL** the ingredients listed below, prepare, cook and serve/ pack:

- 1) A one course dinner for you and your cousin. Include a nutritious drink.
- 2) A packed item and a drink

## INGREDIENTS

- Maize flour
- Wheat flour
- Beef/chicken
- Green leafy vegetables
- Oranges / pineapple
- Eggs
- Baking powder
- Sugar
- Cooking fat and oil
- Salt
- Green pepper
- Carrots
- Onions
- Tomatoes
- Cinnamon sticks

## PLANNING SESSION – 30 MINUTES

Use separate sheets of paper for each task listed below and a 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 food stuffs, materials and equipment you will require.