**441/3**

**HOME SCIENCE**

**(Food and Nutrition)**

**Paper 3**

**Practical**

**Time: 13/4 Hours**

**LANET J O I N T E X A M I N A T I O N 2021**

**DEC 2021**

**441/3**

**HOME SCIENCE**

**(Food and nutrition)**

**Paper 3**

**Time: 13/4**

**Planning session - 30 minutes**

**Practical test session – 11/4 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 have invited your cousin to visit you on Sunday and you plan to have lunch together. Using the food stuffs and ingredients listed below prepare, cook and present a two dish meal and a refreshing drink for both of you.

**Ingredients**

* Potatoes/maize flour/rice
* French beans/ green peas
* Tomatoes
* Sugar
* Margarine
* Carrots
* Chicken/ beef
* Coriander
* Salt
* Fruit in season
* Water
* Onions
* 1 clove garlic
* Fat/oil
* Royco

**Planning session.**

For each task listed 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. Make a list of equipment and materials you will require.
3. Write down your order of work.