

Name: _____ Index No: _____

MECS AUGUST 2022

441/3

HOMESCIENCE [FOOD AND NUTRITION]

FORM FOUR 2022

Time: 3 ¼ Hours

Planning session: 30 minutes

Practical session 1 ¼ hours

INSTRUCTIONS TO CANDIDATES

- Read the test carefully.
- Textbooks and recipes may be used during planning session as reference materials
- You will be expected to keep to your order of work during the practical session.
- You are not allowed to bring additional notes to the practical session.

THE TEST

Your mother has been away and you are expecting her back for supper. Using all the ingredients listed below, prepare cook and present a suitable two-dish meal for the two of you. Include a stimulating drink.

Ingredients

- Salt
- Peas
- Fat/Oil
- Tealeaves /cocoa
- Beef
- Sugar
- Garlic
- Milk
- Pilau mix
- Ginger
- Rice
- Onions
- Carrots
- Cabbage

Planning Session.-30 minutes

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

- (i). Identify the dishes and write down their recipes
- (ii). Write down your order of work.
- (iii). Make a list of the food stuff, equipment and materials you would require.