

**441/3**

**HOME SCIENCE**

**FOODS AND NUTRITION**

**Paper 3**

**(PRACTICAL)**

**AUGUST/SEPTEMBER 2022**

**1 ¾ HRS**

**SUKELLEMO JOINT MOCK**

PLANNING SESSION: 30 minutes

PRACTICAL TEST SESSION: 1¼ hours

**INSTRUCTIONS TO CANDIDATES**

*Read the test carefully*

*Write your name and index number on every sheet of paper used.*

*Textbooks and recipes may be used during the planning session as reference materials.*

*You will be expected to keep to your order of work during the practical session.*

*You are allowed to take away **ONLY** your reference materials at the end of the planning session.*

*You are not allowed to bring additional notes to the practical session.*

**This paper consists of 2 printed pages**

**Candidates should check the question paper to ascertain that all the pages are printed as indicated and no questions are missing.**

**Turn over**

## **The TEST**

You have visited your aunt and you have offered to prepare supper for the two of you using All the ingredients listed below, prepare, cook and serve:

-A one-course meal for the two of you.

-A nutritious drink.

## **INGREDIENTS**

**Spices**

**Beef/chicken/green grams**

**Cabbage/spinach**

**Rice/ Irish potatoes**

**Carrots**

**Tomatoes**

**Cocoa/Tea leaves**

**Onions**

**Cooking fat/oil**

**Milk**

**Salt**

**Coriander/green pepper**

**Sugar**

## **PLANNING SESSION: 30 minutes.**

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

- 1. Identify the beverage and the tea items, then write down their recipes.*
- 2. Write down your order of work.*
- 3. Make a list of the foodstuffs and equipment you will require.*