

441/3

HOME SCIENCE

(Food and Nutrition)

Paper 3

Practical

Time: 1³/₄ Hours

KASSU JOINT EXAMINATION

JUNE 2023

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(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

Your cousin who is a lacto vegetarian is coming for a sleep over. Using **ALL** the ingredients provided, prepare, cook and present a two pot dinner and a nutritious drink for the two of you. In addition, prepare one tea item for breakfast for both of you

INGREDIENTS

- Rice /potatoes
- Beans / Ndengu
- Plain wheat flour/ self-rising wheat flour
- Oranges /mangoes
- Green leafy vegetables
- Onions
- Tomatoes
- Hoho
- Carrots
- Garlic
- Eggs
- Sugar
- Salt
- Oil/ cooking fat

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.