



**441/3 – HOME SCIENCE – Paper 3**  
**(FOODS AND NUTRITION) (PRACTICAL)**  
**Oct./Nov. 2017 – 1¾ hours**

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Name ..... Index Number .....

Candidate's Signature ..... Date .....

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**Instructions to candidates**

**PLANNING SESSION: 30 minutes**

**PRACTICAL TEST SESSION: 1¼ hours**

- (a) Read the test carefully.
  - (b) You are expected to use pages of the question paper as stationery for your work.
  - (c) Tear the pages along the dotted lines as shown.
  - (d) Text books and recipes may be used during the planning session as reference materials.
  - (e) You will be expected to keep to your order of work during the practical session.
  - (f) You are only allowed to take away your reference materials at the end of the planning session.
  - (g) You are not allowed to bring additional notes to the practical session.
  - (h) **This paper consists of 19 printed pages.**
  - (i) **Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no page is missing.**
  - (j) **Candidates should answer the questions in English.**
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**THE TEST**

You have invited your two nephews aged 9 and 10 years for a weekend lunch. Using the ingredients listed below, prepare, cook and serve a one course meal for them. Include a nutritious drink.

**Ingredients:**

- Rice/potatoes
- Cooking oil
- Salt
- Sugar
- Beef/peas
- Carrots
- Tomatoes
- Cabbage/green leafy vegetables
- Onions
- Dhania
- Green pepper
- Fruits in season.

**PLANNING SESSION – 30 minutes**

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

1. Identify the dishes and write their recipes
2. Write your order of work
3. Make a list of the foodstuff and equipment you will require.

