

HOMESCIENCE

FOOD AND NUTRITION

PAPER 3 (PRACTICAL)

JULY/ AUGUST 2017

1 $\frac{3}{4}$ HOURS

MURANG'A COUNTY MOCK END OF TERM II EXAMINATION

KENYA CERTIFICATE OF SECONDARY EDUCATION

INSTRUCTIONS TO CANDIDATES

- Read the test carefully
- 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 only allowed to take away your reference materials at the end of the planning session
- You are not allowed to bring additional notes to the practical session.
- Candidates should check the questions paper to ascertain that no page is missing

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THE TEST

You are left with your cousin who has been discharged from hospital. Using all the ingredients provided below, prepare, cook and present a two course lunch for both of you.

Ingredients

Liver/ chicken/ minced beef.
Rice/ green bananas/ Irish potatoes
Green leafy vegetables
Sugar
Green pepper
Onions
Tomatoes
Carrots
Cooking fat/ oil
Salt
Fruits in season

Use separate sheets of paper for each task listed below and a carbon paper to make duplicate copies

- i) Identify the food items & write down their recipe.
- ii) Write down your order of work
- iii) Make a list of food stuffs, materials and equipments you will require