

Name.....

Index No.

School

441/3
FOODS AND NUTRITION
PAPER 3
PRACTICAL
TIME: 1 ¾ HOURS

Kenya Certificate of Secondary Education (K.C.S.E)

PLANNING : **30 MINUTES**
PRACTICAL TEST SESSION : **1 ¼ 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 planning session as reference materials
- Keep to your order of work during practical session.
- Do not bring additional notes to the practical session.

*This paper consists of 2 printed pages.
Candidates should check the question paper to ensure that all pages are printed as indicated
and no questions are missing*

THE TEST

You are expecting a friend over the weekend, using the ingredients listed below, prepare and serve a one course meal for the 2 of you. Include a creamed cake and a suitable drink.

- Raisins / sultanas / currants / vanilla essence
- Wheat flour
- Eggs
- Margarine
- Baking powder
- Milk
- Sugar
- Salt
- Rice / maize flour
- Fruits in season
- Cooking oil
- Beef / Beans
- Green leafy vegetables
- Carrots
- Tumeric / mixed spices / Royco

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 dishes and write down their recipes.
2. Write down your order of work
3. Make a list of the food stuffs and equipment you will require.

END