

441/3
HOME SCIENCE
FOODS AND NUTRITION
PRACTICAL
PAPER 3
JUNE 2014
1 ¾ HOURS

KASSU JET MOCK EXAMINATION
Kenya Certificate of Secondary Education 2014

HOMESCIENCE
FOODS AND NUTRITION
(PRACTICAL)

PLANNING SESSION: 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 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 ensure that both pages are printed as indicated and no questions are missing.

THE TEST

You are taking care of your 15 year old bedridden brother who is suffering from a bad attack of Flu. Using the Ingredients listed below prepare, cook and present a one course lunch for the two of you. Include a nourishing drink.

Ingredients

- Minced beef / liver / kidney
- Spaghetti / rice
- Green leafy vegetables
- Tomatoes
- Carrot
- Garlic
- Onions
- Dhania(Coriander)
- Banana
- Milk
- Sugar
- Oil / fat
- Salt

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

ANSWERS:

Order a copy of answers from www.schoolsnetkenya.com/order-e-copy

NB> We charge Kshs. 100 ONLY to meet website, e-resource compilation and provision costs