

NAME ..... DATE .....

INDEX NO. .... CANDIDATE'S SIGNATURE .....

**441/3**  
**HOME SCIENCE**  
**PAPER 3 (FOODS AND NUTRITION)**  
**PRACTICAL**  
**JULY/AUGUST 2014**  
**Time: 1<sup>3</sup>/<sub>4</sub> Hours**

**MBOONI EAST SUB – COUNTY FORM FOUR JOINT EVALUATION TEST**

*Kenya Certificate of Secondary Education*

**441/3**  
**HOME SCIENCE**  
**PAPER 3 (FOODS AND NUTRITION)**  
**PRACTICAL**  
**JULY/AUGUST 2014**  
**Time: 1<sup>3</sup>/<sub>4</sub> Hours**

Practical session: 1¼ hours  
Planning test session: 30 minutes

**INSTRUCTIONS TO CANDIDATES**

- a) Read the test carefully.
- b) Write your name and index number on every sheet of paper used.
- c) Textbooks and recipes may be used during the planning session as reference materials.
- d) You will be expected to keep to your order of work during the practical session.
- e) You are only allowed to take away your reference materials at the end of the planning session.
- f) You are not allowed to bring additional notes to the practical session.
- g) This paper consists of 2 printed pages. Candidates should check to ensure that all pages are printed as indicated and no questions are missing

## **THE TEST**

You are taking care of your sister who is recovering from measles. Using the ingredients listed below, prepare, cook and serve a two course dinner for both of you. Include a fruit drink.

## **INGREDIENTS**

- Onions
- Liver/ meat/ ndengu/ beans
- Tomatoes
- Salt
- Dhania
- Sugar
- Wheat flour/ green bananas/ arrow roots/ spaghetti/ maize flour
- Green vegetables in season
- Capsicum
- Cooking fat
- Fruits in season

## **PLANNING SESSION: 30MINUTES**

Use separate sheets of papers for each task listed below and use carbon paper to make duplicate copies hence proceed as follows:-

- 1) Identify the dishes and write down their recipe
- 2) Write your order of work
- 3) Make a list of the food stuffs and equipment you will require

**ANSWERS:**

Order a copy of answers from [www.schoolsnetkenya.com/order-e-copy](http://www.schoolsnetkenya.com/order-e-copy)

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