

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 WEST SUB - COUNTY 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: 1<sup>1</sup>/<sub>4</sub> 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 ten year old sister who is recovering from Malaria. Using the ingredients listed below plan, prepare and present

- i) A one course supper for both of you
- ii) A refreshing fruit drink

## **INGREDIENTS**

- Leftover meat/poultry/fish
- Rice/ wheat flour
- Cabbage/Spinach
- Passion/Pineapples fruit/mango
- Sugar
- Salt
- Tomatoes
- Onions
- Oil
- Capsicums
- Dhania
- Royco
- Fresh garlic

## **PLANNING SESSION:30 MINUTES**

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

- i) Identify the dishes and write down their recipes
- ii) Write down your order of work
- iii) Make a list of foodstuffs and equipments 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