

**441/3  
HOMESCIENCE  
PAPER 3  
PRACTICAL  
(FOOD AND NUTRITION)  
JULY / AUGUST 2014  
TIME: 1¾ HOURS**

## **NANDI CENTRAL SUB-COUNTY JOINT EVALUATION 2014**

***Kenya Certificate of Secondary Education (K.C.S.E.)*  
HOMESCIENCE  
PAPER 3  
TIME: 1¾ HOURS**

### **INSTRUCTIONS TO CANDIDATES**

**PLANNING SESSION: 30 MINUTES  
PRACTICAL SESSION: 1 ¾ HOURS**

1. Read the Test carefully.
2. Write your Name and Index number on every sheet of paper used.
3. Text books and recipes may be used during the planning session as reference materials.
4. You will be expected to keep to your order of work during practical session.
5. You are only allowed to take away your reference materials at the end of the planning session.
6. You are not allowed to bring additional notes to the practical session.

## **THE TEST**

Your aunt who has a six months old baby is visiting you over the weekend. Using all the ingredients listed below, prepare, cook and present a one course meal for her as a lactating mother and a weaning dish for the baby. Include a dessert.

### **Ingredients**

Rice / Irish potatoes

Liver

Spinach

Cooking fat / oil

Onions

Tomatoes

Carrots

Coriander

Sugar

Fruits in season

### **PLANNING SESSION: 30 MINUTES**

For each task listed below, use separate pieces of paper and make duplicate copies using carbon paper. Then proceed as follows:-

1. Identify the dishes and write the recipes.
2. Write your order of work.
3. Make a list of the food stuff 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