**HOMESCIENCE**

**441/3 (FOODS AND NUTRITION)**

**PAPER 3**

PRACTICAL

DECEMBER 2021

**TIME: 1¾ HOURS**

PLANNING SESSION: 30 MINUTES

PRACTICAL TEST SESSION: 1¼ HRS

# INSTRUCTIONS TO CANDIDATES

1. Read the test carefully
2. Write your name and index number on every sheet of paper used.
3. You are advised to spend 30 minutes to come up with a plan of work which will be used for the practical.
4. Textbooks and recipes may be used during the planning session as reference materials.
5. You will be expected to keep to your order of work during the practical session.
6. You are **allowed** to take away your reference materials at the end of the planning session.
7. You are **not** allowed to bring **additional notes** to the practical session.

**THE TEST**

You are visiting your friend during visiting day in the school. Using the ingredients used below, prepare, cook and pack one course meal for both of you. Include a nutritious drink.

**Ingredients**

Plain wheat flour /Potatoes /Rice

Eggs /Beef

Cabbage

Carrots

Tomatoes

Cucumber

onions

Salt

Fat/oil

Sugar

Pineapple /Mango

Royco

**Planning session: 30 Minutes**

Use a separate sheet of paper for each task below and carbon paper to make duplicate copies then proceed as follows:

1. Identify the food items and write down their recipes.

2. Write down your order of work.

3. Make a list of food stuffs, materials and equipments you will require