**441/3**

**HOME SCIENCE (FOODS AND NUTRITION)**

**Paper 3**

**PRACTICAL**

**July/August, 2018**

**1 ¾ hours**

**MOKASA 2 JOINT EXAMINATIONS**

**Kenya Certificate of Secondary Education**

**HOME SCIENCE (FOODS AND NUTRITION)**

**Paper 441/3**

**PRACTICAL**

**1 ¾ hours**

PLANNING SESSION: 30 minutes

PRACTICAL TEST SESSION: 1¾ hours

**Instructions to candidates**

1. ***Read the test carefully.***
2. ***Write your name and index number on every sheet of paper used.***
3. ***Text books and recipe books may be used during the planning session as reference materials.***
4. ***You will be expected to keep to your order of work during the 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.***

**This paper consists of 2 printed pages**

**Candidates should check to ensure that both pages are printed pages**

**THE TEST**

You are helping your Aunt who is preparing to take her 7 month old baby to the clinic. Use all the ingredients to;

1. Prepare, cook and serve a simple one course midday meal for both of you.
2. Prepare cook and serve a meal for the baby.

In addition prepare cook and pack a snack and a citrus drink she will take on her way.

Ingredients

* Maize meal flour/potatoes
* Eggs
* Sugar
* Liver
* Wheat flour
* Green leafy vegetables
* Milk
* Potatoes
* Cooking fat/oil
* Green pepper
* Fruit in season
* Onions
* Tomatoes
* Salt

**PLANNING SESSION – 30 MINUTES**

Use separate sheets of paper for each task listed below and a carbon paper to make duplicate copies

Proceed as follows;

1. Identify food items and write down their recipes
2. Write your order of work
3. Make a list of foodstuffs, equipment and materials you will require.