**MOI HIGH SCHOOL- KABARAK**

**441/3**

**HOME SCIENCE (FOODS AND NUTRITION)**

**Paper 3**

**PRACTICAL**

**March 2018**

**1 ¾ hours**

**END OF TERM ONE EXAMINATIONS 2018**

**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 visited your aunt over the half term break and she asked you to prepare dinner for two. Using **ALL** the ingredients listed below prepare cook and serve:

1. A two-course dinner for two, include a nutritious drink.
2. Prepare a suitable breakfast item from the left-over meat

**Ingredients**

Pumpkin

Rice

Yellow beans

Green leafy vegetables

Left-over beef

Fruit in season

Plain wheat flour

Onions

Tomatoes

Garlic

Green pepper

Cooking oil/fat

Salt

Sugar

Ginger

**PLANNING SESSION – 30 MINUTES**

Use separate sheets of paper for each task listed below and a 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 equipment you will require