**441/3**

**HOME SCIENCE (FOODS AND NUTRITION)**

**Paper 3**

**PRACTICAL**

**1 ¾ hours**

**THE KENYA NATIONAL EXAMINATIONS COUNCIL**

**Kenya Certificate of Secondary Education 2019**

**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**

**THE TEST**

Your aunt has just called to inform you that she will pass by your place to have lunch.

Using all the ingredients listed below:

1. Prepare a two course lunch for both of you.

**Ingredients**

1. Chicken
2. Left over Ugali/ Rice
3. Bread rolls/ Scones
4. Pumpkin/ Peas
5. Green pepper
6. Carrots
7. Tomatoes
8. Onions
9. Cooking fat/ oil
10. Salt
11. Coriander leaves
12. Spices

**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.