

NAME _____ INDEX _____

DATE _____ SIGNATURE _____

441/3
HOME SCIENCE
FOODS AND NUTRITION
FORM FOUR PAPER 3
PRACTICAL
1ST TERM 2016
1 ¼ HRS.

Kenya Certificate of Secondary Education
HOME SCIENCE 441/3
FOODS AND NUTRITIONAL
FORM FOUR 1ST TERM EXAMINATION 2016

Planning Session - 30 Minutes
Practical Test Session - 1 ¼ hrs

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 recipes 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 ascertain that all pages are printed as indicated and that no questions are missing.

THE TEST

You have been left at home to take care of your 6 months old brother. Using the ingredients listed below, plan, prepare and serve a two course lunch for your self. Include a suitable dish for the baby.

INGREDIENTS

- Spaghetti / Rice /Pumpkin fruit.
- Beans /green peas.
- Milk.
- Cooking fat /cooking oil.
- Spinach /Pumpkin leaves
- Chicken / beef bones.
- Salt and required spices.
- Tomatoes.
- Onions

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.

- Identify the dishes and write down their recipes.
- Write down your order of work.
- Make a list of the food stuffs and equipment you will require.