

441/3

HOME SCIENCE FOODS AND NUTRITION

PAPER 3

(PRACTICAL)

OCTOBER/NOVEMBER 2012

TIME: 1¼ HOURS

FORM THREE

MURANG'A EAST JUNIOR HIGH SCHOOL EXAMINATION 2012

Kenya Certificate of Secondary Education

FOODS & NUTRITION

PAPER 3

(PRACTICAL)

1¼ HOURS

PLANNING SESSION: 30 MINUTES

PRACTICAL SESSION: 1¼ HOURS

INSTRUCTIONS TO CANDIDATE'S:

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.

THE TEST:

Your friend is joining you at home this weekend. Using the ingredients listed below, plan, prepare, cook and present a one course lunch for the two of you. Include a refreshing drink.

Ingredients:

- Potatoes/Rice/Wheat flour.
- Beef.
- Salt.
- Carrots.
- Tomatoes.
- Onions.
- Fruits in season.
- Green leafy vegetables.
- Green pepper.
- Fat.
- Sugar.

PLANNING SESSION: 30 MINUTES

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

- (i) Identify the dishes and write their recipe.
- (ii) Write down your order of work.
- (iii) Make a list of foodstuffs and equipment you will require.