

SCHOOL: _____

FORM 4 EVALUATION EXAMINATIONS

441/3

HOME SCIENCE

JULY/AUGUST 2018

FOOD AND NUTRITION

(Practical)

PAPER 3

PRACTICAL: 1 ¾ HOURS

NAME _____ **INDEX NUMBER** _____

CANDIDATE'S

SIGNATURE _____ **DATE** _____

PLANNING SESSION: 30 MINUTES

PRACTICAL: 1 ¼ HOURS

INSTRUCTION TO CANDIDATES

1. Read the test carefully
2. Text books and recipes may be used during the planning session as reference materials.
3. You are expected to use foolscaps provided as stationery for your work.
4. You will be expected to keep to your order of work during 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.
7. Candidates should answer the question in English only

THE TEST

Your aunt is visiting you over the weekend with a 9 month old baby. Using the following ingredients, prepare, cook and serve:

- (a) A weaning dish for the baby
- (b) A one course lunch for both of you
- (c) A Nutritious drink for both of you

INGREDIENTS

Irish potatoes/Rice

Milk

Liver /Minced beef

Green leafy vegetables

Onions

Tomatoes

Fat/oil

Sugar

Salt

Carrots

Capsicum (Pilipili Hoho)

Ripe bananas/Avocado

Coriander (Dhania)

PLANNING SESSION: 30 Minutes

For each task listed below use separate sheets of paper and a carbon paper to make duplicate copies then proceed as follows:

- 1) Identify the dishes and write their recipes
- 2) Write your order of work
- 3) Make a list of foodstuffs and equipment you will require.