441/3
HOME SCIENCE (FOODS AND NUTRITION)
Paper 3
PRACTICAL
Oct./Nov. 2014
$1\frac{3}{4}$ hours

THE KENYA NATIONAL EXAMINATIONS COUNCIL
Kenya Certificate of Secondary Education
FOODS AND NUTRITION
Paper 3
PRACTICAL
$1\frac{3}{4}$ hours

INSTRUCTIONS TO CANDIDATES

PLANNING SESSION: 30 minutes
PRACTICAL TEST SESSION: $1\frac{1}{4}$ hours

(a) Read the test carefully.
(b) ***No stationery is provided.***
(c) You are expected to use pages of the question paper as stationery for your work.
(d) Tear the pages along the dotted lines as shown.
(e) Text books and recipes may be used during the planning session as reference materials.
(f) You will be expected to keep to your order of work during the practical session.
(g) You are only allowed to take away your reference materials at the end of the planning session.
(h) You are ***not*** *allowed to bring additional notes to the practical session.*
(i) ***This paper consists of 20 printed pages.***
(j) ***Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no page is missing.***
(k) ***Candidates should answer the questions in English.***

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THE TEST

You have invited two of your friends for lunch. Using the ingredients listed below, prepare cook and serve a suitable one course meal for the three of you. Include a nutritious drink.

Ingredients

Rice
Onions
Tomatoes
Carrots
Leafy vegetables in season
Beef/ Beans
Salt
Sugar
Oil/ Cooking fat
Fruits in season
Spice of choice

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 the foodstuff and equipment you will require.

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