**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Index No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MECS AUGUST 2022**

**441/3**

**HOMESCIENCE [FOOD AND NUTRITION]**

**FORM FOUR 2022**

**Time: 3 1/4 Hours**

Planning session: 30 minutes

Practical session 1 ¼ hours

**INSTRUCTIONS TO CANDIDATES**

* Read the test carefully.
* Textbooks and recipes may be used during planning session as reference materials
* You will be expected to keep to your order of work during the practical session.
* You are not allowed to bring additional notes to the practical session.

**THE TEST**

Your mother has been away and you are expecting her back for supper. Using all the ingredients listed below, prepare cook and present a suitable two dish meal for the two of you.

Include a stimulating drink.

**Ingredients**

-Salt

-Peas

-Fat/Oil

-Tealeaves /cocoa

-Beef

-Sugar

-Garlic

-Milk

-Pilau mix

-Ginger

-Rice

-Onions

-Carrots

- Cabbage

**Planning Session.-30 minutes**

Use separate sheets of paper for each task listed below and a carbon paper to make duplicate copies and proceed as follows: -

(i). Identify the dishes and write down their recipes

(ii). Write down your order of work.

(iii). Make a list of the food stuff, equipment and materials you would require.