**Term 2 - 2022**

**HOME SCIENCE (FOODS AND NUTRITION) (441/3)**

 **PAPER 3**

**PRACTICAL**

**FORM FOUR (4)**

**Time: 1½ Hours**

**Name**: …………………………………………………………. **Adm** **No**: ……………….

**School**: ……………………………………………………….. **Class**: …………………..

**Signature**: …………………………………………………….. **Date**: …………………...

**Instructions to candidates**

PLANNING SESSION 30 minutes

PRACTICAL SESSION 1 hour

*Read the test carefully.*

*Text books and recipes may be used during the planning session as reference materials.*

*You will be expected to keep to your order of work during the practical session.*

*At the end of planning session you will only carry out your reference materials.*

*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 both pages are printed.**

**THE TEST**

You are making a quick lunch for yourself and your aunt. Using **all** the ingredients listed below, prepare, cook and present a one dish meal and a refreshing drink for the two of you.

**Ingredients**

Fruit in season

Beef/Beans

Salt

Tomatoes

Rice/Green bananas/Potatoes

Fat/Oil

Carrots

Sugar

Onions

**PLANNING SESSION- 30 minutes**

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

1. Identify the dishes and write down the recipes;
2. Write down your order of work;
3. Make a list of foodstuff, materials and equipment you will require.

**THIS IS THE LAST PRINTED PAGE**