**441/3**

**FOODS AND NUTRITION**

**PAPER 3**

**PRACTICAL**

**AUGUST-2022**

**TIME: 1 ¾ HOURS**

**MINCKS GROUP OF SCHOOLS**

*Kenya Certificate of Secondary Education (K.C.S.E)*

***FORM FOUR***

**441/3**

**FOODS AND NUTRITION**

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**PRACTICAL**

**AUGUST-2022**

**TIME: 1 ¾ HOURS**

**PLANNING SESSION – 30MINUTES.**

**PRACTICAL TEST SESSION 1 ¼ HOURS.**

**INSTRUCTIONS TO CANDIDATES**

a) Read the test carefully.

b) Use the Booklet provided for all your work.

c) Write your name and index number on every sheet of paper used.

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

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

f) You are not allowed to bring additional notes to the practical session.

g) Previously written plans are not allowed into the examination.

h) Candidates should answer the questions in English.

Your father has been away on a business strip and is coming back home tonight. You have been asked to assist in the preparation of supper as you welcome him back home. Using all the ingredient, prepare, cook and present a two course meal for two

***Ingredients***

* Wheat flour/rice/maize flour
* Chicken/fish/beef
* Fat/oils
* Onions
* Tomatoes
* Chicken cubes/fish Masala/Beef cube
* Green leafy vegetables
* Coriander
* Capsicum
* Royco
* Fruits in season

**Planning g session – 30 minutes**

Use separate sheet of paper for each task below and carbon paper to produce duplicate copies. Then proceed as follows:-

1. Identify the dishes and write down their recipes
2. Write down your order of work
3. Make a list of the food stuffs and equipments you will require.