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

**School:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Candidate’s Sign\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**441/3**

**HOMESCIENCE**

**Paper 3**

**FOOD AND NUTRITION**

**Practical**

**August/September - 2022**

**Time: 1 1/4 Hours**

**ARISE AND SHINE TRIAL EXAMINATION**

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

441/3

HOMESCIENCE

Paper 3

August/September - 2022

Planning session: 30 minutes

Practical test session: 1 ¼ hours

**INSTRUCTIONS TO CANDIDATES**

1. Read the test carefully.
2. Text books and recipes may be used during the planning session as reference materials.
3. You will be expected to keep to your order of work during the practical session.
4. You are only allowed to take away ONLY your reference materials at the end of the planning session.
5. You are not allowed to bring additional notes to the practical session.

**THE TEST**

You have invited your friend to visit you during the half term holidays. Make and serve a one-course meal for you and your friend. Prepare and serve savoury sandwiches for 4 o’clock tea for both of you using the ingredients listed below.

**INGREDIENTS.**

* Oil
* Beef/liver
* Avocado
* Onions
* Tomatoes
* Maize flour/sorghum flour
* Salt
* Bread
* Green leafy vegetables
* Margarine
* Dhania
* Carrots
* Sweet pepper
* Spices

**PLANNING SESSION (30 MINUTES)**

Use separate sheet of paper for each task listed below and carbon paper to make duplicate copies then proceed as follows:

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