

NAME.....ADM.....

STREAM.....SCHOOL:.....

NYAHOKAKIRA CLUSTER THREE EXAMINATION 2022

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



**FOOD AND NUTRITION
PLANNING SESSION: 30 MINUTES
PRACTICAL TEST SESSION: 1 ¼ HOURS**

INSTRUCTION TO CANDIDATES

- 1. Read the test carefully**
- 2. Write your name, index number and class on every sheet of paper used during the planning session as reference materials**
- 3. Textbooks and recipes may be used during the planning session as reference materials**
- 4. Previously written plans are not allowed into the examination room**
- 5. You are only allowed to take away your preference material at the end of the planning session**
- 6. You will be expected to keep your order of work during the practical session**
- 7. You are not allowed to bring additional notes to the practical session**

THE TEST

Your two cousins aged 6 ½ years and 3 years are visiting you for lunch. Using the ingredients listed below, prepare, cook and present two suitable meals for the three of you.

INGREDIENTS

Rice/wheat flour/ irish potatoes

Finger millet flour/Sorghum flour

Green gram/green peas/liver

Milk

Green leafy vegetables

Onions

Fat/oil

Salt

Sugar

A Herb

A spice

THE PLANNING SESSION 30 MINUTES

PRACTICAL 1 ½ HOURS

Use separate sheets of paper for each task listed below and a carbon paper to make duplicate copies.

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 equipment you will require