**SUB COUNTY EXAMS**

**HOME SCIENCE PAPER 3**

**441/3**

**FOODS AND NUTRITION**

**NOVEMBER/DECEMBER 2021**

**Planning session 30 minutes**

**Practical Test session: 1hour 15Minutes**

**INSTRUCTIONS TO CANDIDATES**

1. Read the test carefully

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

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

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

5. You are only allowed to take away your reference materials at the end of the planning session.

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

**THE TEST**

Your sister and her son who is 7 months old will arrive very early in the morning at your home for a weekend visit.

Using the ingredients listed below, prepare, cook and present breakfast for both of you and a weaning dish for the baby.

Ingredients

* Fat/oil
* Salt
* Eggs/sauges/smokies
* Milk
* Tea leaves/cocoa
* Sugar
* Bread
* Tomatoes
* Onions
* Sorghum/millet
* Margarine

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 then write their recipes
2. Write down your order of work
3. Make a list of foodstuff and equipment you will require.