**HOMESCIENCE**

**PAPER 3**

**PRACTICAL (FOOD AND NUTRITION)**

**TIME: 1 ¾ HOURS**

**DECEMBER EXAM 2021**

**INSTRUCTIONS TO CANDIDATES**

**PLANNING SESSION: 30 MINUTES**

**PRACTICAL SESSION: 1 ¾ HOURS**

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 material.
4. You will be expected to keep to your order of work during practical session
5. You are only allowed to take away your reference material at the end of the planning session.
6. You are not allowed to bring additional notes to the practical session.

**PRACTICAL (FOOD AND NUTRITION)**

**THE TEST**

Your two friends spent the night at your house. Using all the ingredients below, prepare, cook and present two suitable items for breakfast for the three of you include a beverage.

Ingredients

Fat/oil

Salt

Eggs

Sugar

Cocoa/tea leaves

Self-raising wheat flour/plain wheat flour

Baking powder

Milk

Arrow roots / sweet potatoes

Planning session 30 minutes

For each task listed below, use separate sheets of paper and make duplicate copies using carbon paper then proceed as follows.

1. Identify the dishes and write the recipes
2. Write your order of work
3. Make a list of the foodstuff and equipment. You will require