***@West practice papers-2021***

**441/3**

**HOMESCIENCE**

**FOODS AND NUTRITION**

**PAPER 3**

**PRACTICAL**

**1 ¾ HOURS**

**PLANNING SESSION 30MINUTES**

**PRACTICAL TEST SESSION 11/4**

***Instructions to candidates***

Read the test carefully.

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

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

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

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

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

**TEST:**

You plan to go out for a picnic with your brother and sister. Using all the ingredients listed below prepare, cook and pack two suitable items for the three of you. Include a refreshing drink

**Ingredients:**

Plain wheat flour/arrowroots/sweet potatoes/green maize

 egg/ Sausage

Salt

Fat/oil

Sugar

Milk

Fruits in season

**Planning session:**

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

1) Identify the dishes and write their recipes.

2) Write your order of work.

3) Make a list of food stuff and equipment you will require.

**Marking scheme**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Area of assessment** | **Maximum score** | **Actual score** | **Remarks**  |
| **1.** | **Plan**  |  |  |  |
|  | * Recipe
* Availability
* Correct quantities
* Appropriate choice
* Order of work
* Availability
* Proper sequencing
* Dovetailing
* List of food stuff and equipment
* Availability
* Adequacy
* Appropriateness
 | 232122222**18** |  |  |
| **2.** | **Preparation**  |  |  |  |
|  | * Preparation and cooking
* Protein
* Carbohydrates
* Vitamin
* Drink
 | 2222**8** |  |  |
|  |  |  |  |  |
| 3. | **Methods of cooking at (least 2)****Quality of results*** Protein dish
* Carbohydrates dish
* Vitamin dish
* Drink
 | 22211**8** |  |  |
| **4.** | **Presentation**  |  |  |  |
|  | * Use of clean and appropriate packing utensils (2)
* Appropriate bag(2)
* Use of well laundered linen for spreading(2)
* Appropriate centre piece (1)
 | **7** |  |  |
| **5.** | **Generally**  |  |  |  |
|  | * Hygiene
* Food (1)
* Equipment (1)
* Personal (1)
* Economy of resources
* Water (1)
* Food (1)
* Fuel (1)
* Clearing up
* During work (1)
* After work (2)
 | 333 |  |  |
|  |  | **9** |  |  |
|  | Grand total divided by 2 | 50/2 |  |  |
|  |  | 25 |  |  |