**441/3**

**FOODS AND NUTRITION**

**PAPER 3**

**PRACTICAL**

**Time: 1 ¾ HOURS**

**BUNAMFAN CLUSTER EXAMINATION 2021**

**KENYA CERTIFICATE OF SECONDARY EDUCATION (K.C.S.E)**

**FOODS AND NUTRITION**

**PAPER 3 PRACTICAL (1 ¾ HOURS**

**Instructions to candidates**

**PLANNING SESSION (30 MINUTES)**

**PRACTICAL TEST SESSION (1 ¼ HOURS)**

1. *Read the test carefully.*
2. *Write your name and index number on every sheet of paper used.*
3. *Textbooks 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.*
7. *This paper consists of 2 printed pages.*
8. *Candidates should check the question paper to ascertain that both pages are printed as indicated and that no page is missing.*

**THE TEST**

Your cousin who is an athlete is coming home for supper after a whole day practice in readiness for the following day competition.

Using all the ingredients listed below, plan, prepare, cook and present a suitable one course dinner for the two of you.

Include a refreshing drink for the two of you.

Ingredients

* Maize Meal Flour/ Wheat Flour/ Rice
* Beef/ Green Peas/ Beans
* Green leafy vegetables/ Cabbage
* Fruit in season
* Fat/ Oil
* Tomatoes
* Carrots
* Onions
* Salt
* Sugar
* Capsicum
* Dhania

**PLANNING SESSION – 30 MINUTES**

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

Proceed as follows: -

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