**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Index No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**School:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Candidate’s Sign\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **MUMIAS WEST**

**441/3 HOMESCIENCE Paper 3**

**[FOOD AND NUTRITION] Practical**

**FORM FOUR 2022**

**Time: 3 1/4 Hours**

Planning session: 30 minutes

Practical session 1 ¼ hours

**INSTRUCTIONS TO CANDIDATES**

* Read the test carefully.
* Textbooks and recipes may be used during planning session as reference materials
* You will be expected to keep to your order of work during the practical session.
* You are not allowed to bring additional notes to the practical session.

**THE TEST**

Your cousin who **is a strict vegetarian** is coming to visit you at your home. Using the ingredients listed below, prepare, cook and serve a **one-course meal and a dessert** for **two** of you.

**Ingredients**

* spaghet/maize flour/wheat flour/ Irish potatoes
* sossi soya /green grams / green peas/
* Tomatoes
* Onions
* Dhania
* Kales/cabbages
* Fruits; pineapple, watermelon, mangoes, bananas, pawpaw, lemon,
* Sugar
* Fat/oil
* Royco
* Salt
* Capsicum

**Planning Session.**

Use separate sheets of paper for each task listed below and a carbon paper to make duplicate copies and proceed as follows:-

(i). Identify the dishes and write down their recipes

(ii). Write down your order of work.

(iii). Make a list of the food stuff, equipment and materials you would require.

**MUMIAS WEST JOINT EVALUATION**

***Kenya certificate of secondary education***

**HOMESCIENCE**

**PAPER 3**

**(PRACTICAL)**

**MARKING SCHEME**

**Candidate’s Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Index o:\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of Examiner:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_**

**Ugali /chapatti / potatoes/spaghet**

**stewed sossi soya/ green grams/ green peas**

**Fried kales / cabbages**

**Mixture of Mango, pawpaw , pineapple, watermelon, banana( undarken) slice /**

|  |  |  |  |
| --- | --- | --- | --- |
| **AREA OF ASSESSMENT** | **Maximum Score** | **Actual** **Score** | **Remarks** |
| 1. **PLAN**
* Recipe
* Availability (4 x ½)
* Correct quantities (4 x ½)
* Appropriate choice for vegetarian
* Order of work
* Availability
* Roper sequencing
* Dovetailing
* List of foodstuff
* Availability
* Adequacy
* Appropriateness
* Correct organization of shopping list
* List of equipment
* Availability
* Adequacy& quantified
* Appropriateness
 | 2221111111111 |  |  |
| **SUB-TOTAL** | **16** |  |  |
| **PREPARATION AND COOKING**1. Correct procedure of preparing

Course 1 * Protein
* Carbohydrate
* Vitamin

 Course 2 (dessert) **Correct procedure of cooking**Course 11. Protein
2. Carbohydrate
3. Vitamin

Course 21. Variety of cooking methods (at least 2)

Quality of results1. Course 1
* Protein
* Carbohydrate
* Vitamin

Course 2well shaped, mixed colour and undarkened | 1112111221112 |  |  |
| **SUB-TOTAL** | **17** |  |  |
| 1. **PRESENTATION**
* Utensils
* Use of clean (1) and appropriate (½) utensils
* Use of well laundered (1) table cloth (½)
* Centre piece
* Correct positioning of table
* Garnishing
* General impression
* Hygiene
* Food
* Kitchen
* Person
 | 1½ 1½ 11½ ½ 111 |  |  |
| **SUB-TOTAL** | **09** |  |  |
| 1. **ECONOMY OF RESOURCES**
* Water
* Food
* Fuel
* Cleaning materials
* Cleaning up
* During work
* After work
 | 1½1½1½1½11 |  |  |
| **SUB-TOTAL** | **08** |  |  |
| **TOTAL** | **50** |  |  |
| **FINAL SCORE = ACTUAL SCORE** **2** | **25** |  |  |