**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 | 2  2  2  1  1  1  1  1  1  1  1  1  1 |  |  |
| **SUB-TOTAL** | **16** |  |  |
| **PREPARATION AND COOKING**   1. Correct procedure of preparing   Course 1   * Protein * Carbohydrate * Vitamin   Course 2 (dessert)  **Correct procedure of cooking**  Course 1   1. Protein 2. Carbohydrate 3. Vitamin   Course 2   1. Variety of cooking methods (at least 2)   Quality of results   1. Course 1  * Protein * Carbohydrate * Vitamin   Course 2  well shaped, mixed colour and undarkened | 1  1  1  2  1  1  1  2  2  1  1  1  2 |  |  |
| **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  1  1  ½  ½  1  1  1 |  |  |
| **SUB-TOTAL** | **09** |  |  |
| 1. **ECONOMY OF RESOURCES**  * Water * Food * Fuel * Cleaning materials * Cleaning up * During work * After work | 1½  1½  1½  1½  1  1 |  |  |
| **SUB-TOTAL** | **08** |  |  |
| **TOTAL** | **50** |  |  |
| **FINAL SCORE = ACTUAL SCORE**  **2** | **25** |  |  |