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

**END OF 1ST TERM EXAMINATIONS**

**MECS APRIL 2023**

**HOMESCIENCE 441/3**

**[FOOD AND NUTRITION] Practical**

**FORM FOUR 2023**

**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 is convalescing at your home after an abdominal operation. Using the ingredients listed below, prepare, cook and serve a **one-course meal for the two of you. Include a nutritious drink**

**Ingredients**

* Maize flour/Rice
* Liver/minced beef
* Tomatoes
* Onions
* Dhania
* Kales/cabbages
* Tea leaves/cocoa
* Sugar
* carrots
* milk
* Fat/oil
* Salt
* Spice of your choice

**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.