**441/3**

**HOMESCIENCE**

**FOODS AND NUTRITION**

**PAPER 3**

**PRACTICAL**

**APRIL 2023**

**1 ¾ HOURS**

**SUNRISE ONE EXAMINATIONS 2023**

**FORM FOUR TERM 1 EXAM**

**PLANNING; 30 MINUTES**

**PRACTICAL TEST SESSION; 1 ¼ HOURS**

**INSTRUCTION TO CANDIDATES**

1. Read the test carefully
2. Write your name and admission 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 allowed to take away ONLY your reference materials at the end of the planning session
6. You are not allowed to bring additional noted to the practical session.

**THE TEST**

You are going out camping and need to pack some food for lunch. Using all the ingredients listed below; prepare, cook and pack a suitable meal for you and your friend. In addition prepare and pack a suitable refreshing drink.

**INGREDIENTS**

Irish potatoes/wheat flour

Liver/chicken

Sugar

Oil/Cooking fat

Carrots

Capsicum

Salt

Lemon

Onion

Cucumber/cabbage

Fruit in season

**PLANNING SESSION- 30 MINUTES**

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

1. Identify the food items and write down their recipes.
2. Write down your order of work
3. Make a list of foodstuff, materials and equipment you will require.