**FORM 4**

**441/3**

**HOME SCIENCE (FOOD AND NUTRITION)**

**PAPER 3 PRACTICAL**

**OPENER EXAMINATION TERM 3, 2022**

**TIME: 1¾ HOURS**

You and your friend are planning to go out for a picnic lunch. Using the ingredients provided prepare, cook and pack

1. Two dishes you would carry.
2. A refreshing drink.

Ingredients.

Beef/green grams

Green bananas/potatoes

Wheat flour

Carrots

Tomatoes

Onions

Dhania

Green leafy vegetables

Fruits in season

Cooking oil

Salt

Sugar

Planning session – 30 minutes.

Use separate sheets of paper for each task 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 the foodstuffs, materials and equipment you will require.