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 FORM 4 ENTRANCE EXAMS 2023

**441/3**

**HOME SCIENCE (FOODS AND NUTRITION)**

**Paper 3**

**(PRACTICAL)**

1 ¾ hours

**FORM THREE END YEAR EXAMS**

HOME SCIENCE (FOODS AND NUTRITION)

Paper 3

**(PRACTICAL)**

1 ¾ hours

**Instructions to candidates**

PLANNING SESSION: 30 minutes

PRACTICAL TEST SESSION: 1 ¼ hours

1. *Read the test carefully.*
2. *No stationery is provided.*
3. *Write your name and index number on every sheet of paper used.*
4. *Textbooks and recipes may be used during the planning session as reference materials.*
5. *You will be expected to keep your order of work during the practical session.*
6. *You are only allowed to take away your reference materials at the end of the planning session*
7. *You are* ***not*** *allowed to bring additional notes to the practical session.*
8. *This paper consists of 2 printed pages.*
9. *Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no page is missing.*
10. *Candidates should answer the questions in English.*

**THE TEST**

Your best friend is paying you a visit this coming weekend. Using all the ingredients listed below, plan, prepare, cook and serve a one course lunch for the two of you. Include a nutritious drink.

**Ingredients**

Cabbage/kales

Pilipili hoho

Sugar

Rice

Onions

Tomatoes

Beef

Mango/orange

Cooking oil/cooking fat

Beef masala.

Salt

**PLANNING SESSION – 30 MINUTES**

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

1. Identify the dishes and write down their recipes
2. Write down your plan/order of work.
3. Make a list of foodstuffs, materials and equipment you will require.