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

**School:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Candidate’s Sign\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**441/3**

**HOMESCIENCE**

**Paper 3**

**FOOD AND NUTRITION**

**Practical**

**April 2023**

**Time: 1 1/4 Hours**

**ARISE AND SHINE TRIAL 1 EXAMINATION**

**FORM FOUR END OF TERM 1**

**Kenya Certificate of Secondary Education (K.C.S.E)**

441/3

HOMESCIENCE

Paper 3

April 2023

Planning session: 30 minutes

Practical test session: 1 ¼ hours

**INSTRUCTIONS TO CANDIDATES**

1. Read the test carefully.
2. Text books and recipes may be used during the planning session as reference materials.
3. You will be expected to keep to your order of work during the practical session.
4. You are only allowed to take away ONLY your reference materials at the end of the planning session.
5. You are not allowed to bring additional notes to the practical session.

**THE TEST**

Your grandmother aged 90 years is making a visit to your home the coming weekend to celebrate her birthday the following day. Using the ingredients listed below, prepare, cook and present a suitable meal to include a nutritious drink for both of you.

**Ingredients.**

Irish potatoes

Oranges/passion fruits/mangoes

Onions

Sugar

Tomatoes

Fat/oil

Salt

Liver/Green Peas

Milk

Green leafy vegetables

Hoho

**PLANNING SESSION (30 MINUTES)**

Use separate sheets of paper for each tasks listed below and a carbon paper to make duplicate copies.

The proceed as follows:

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S.NO** | **AREA OF ASSESSMENT** | **MAX**  **SCORE** | **ACTUAL**  **SCORE** | **REMARKS** |
| **1** | PLAN  Recipes   * Availability * Correct quantities * Suitability   Order of work.   * Availability * Proper sequencing   List of food stuffs materials and equipment   * Availability * Adequacy * appropriateness | **1**  1  1  **½**  **½**  1  **1**  ½ |  |  |
|  | **Sub-total** | **6 ½** |  |  |
| **2** | PREPARATION  Correct Procedures   * Carbohydrate * Protein * Vitamin/vegetable * drink   Cooking methods at least two  Quality of results   * Carbohydrates meal * Protein * Vitamins/Vegetables * drinks | 1  1  2  1  1  1  **1**  **2**  1 |  |  |
|  | **Sub-total** | **11** |  |  |
|  | PRESENTATION  Utensils   * Appropriateness * Cleanliness * General impression * Garnishing | 1  1  1  ½ |  |  |
|  | Sub-total | **3 ½** |  |  |
| **5** | ECONOMY OF RESOURCES   * Water * Food * Fuel * material | ½  ½  ½  ½ |  |  |
|  | **Sub-total** | **02** |  |  |
| **6** | Cleaning up   * During work * After work | ½  ½ |  |  |
|  | Sub-total | **01** |  |  |
|  | **Grand total** | **25** |  |  |