**441/3**

**HOME SCIENCE (FOODS AND NUTRITION)**

**Paper 3**

**(PRACTICAL)**

**June/July, 2021**

1 ¾ hours

**THE KENYA NATIONAL EXAMINATION COUNCIL**

**Kenya Certificate of Secondary Education**

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.*

**THE TEST**

You are taking care of your nursing Aunt. Use all the ingredients listed below to prepare, cook and serve;

 (i) A beverage with an accompanying snack for her 10 o’clock.

 (ii) A one-course lunch for both of you.

**Ingredients**

Rice

Milk

Capsicum

Sugar

Tomatoes

Green leafy vegetable

Cooking oil

Fat

Salt

Tea leaves/cocoa

Onions

Coriander leaves

Minced beef

Ready-made Bread/Scones

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