**441/3 HOME-SCIENCE**

**FOOD AND NUTRITION**

**PAPER 3**

**PRACTICAL**

**JULY/AUGUST – 2024**

**TIME: 13∕4 HOURS**

**Instructions to candidates**

**PLANNING SESSION 30 Minutes**

**PRATICAL SESSION 11/4 Hours**

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 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**

You intend to host your classmate over weekend.

Using all the ingredients listed below, prepare cook and present a two dish meal for the two of you.

**Include a nutritious drink.**

**Ingredients.**

* Salt
* Beef/Green grams
* Fat/oil
* Rice/potaoes
* Onions
* Carrots
* French beans/green peas
* Pilau mix
* Ginger
* Fruits in season
* Sugar

**PLANNING SESSION – 30 Minutes**.

For each task listed below, use separate pieces of paper and make duplicate copies using carbon paper then proceed as follows:

1.Identify the dishes and write down the recipes

2. Write down your order of work.

3. Make a list of the foodstuffs and equipment you will require.