

MURANG'A EAST JOINT EXAM

HOMESCIENCE

FOODS AND NUTRITION PRACTICAL

Paper 3

FORM FOUR 2025

1 ¼ hours

Candidate's Name..... Session

Teachers Name

AREAS OF ASSESSMENT	MAXIMUM SCORE	ACTUAL SCORE	REMARKS
1. PLAN			
Recipes Available 2 Correct quantities 2 Appropriate choice 2 Order of work Available 1 Proper sequencing (written) 2 Dovetailing 2 List of foodstuffs Available 1 Adequacy (enough for two) 1 Appropriateness 1 List of equipment Availability 1 Adequacy 1 Appropriateness 1 Sub-total 17			
2. PREPARATION AND COOKING			
Correct procedure and preparation Main dish a) Protein 1 b) Carbohydrate 1 c) Vegetables 1 d) Drink 1 Correct procedure for cooking Protein 2 Carbohydrates 2 vegetables 1 Method of cooking (at least 2) 2			

Quality of results (Colour, texture, taste, consistency)			
Protein	1		
Carbohydrates	1		
vegetables	1		
Drink	1		
Sub-total	15		
3. PRESENTATION			
Utensils			
Appropriate	1		
Clean	1		
Correctly positioned	1		
Food			
Correctly served on the plate	1		
Well garnished	1		
Center Piece (Appropriate)	1		
Well laundered table clothe	1		
Cruets (shakers)	1		
Hygiene			
Food hygiene - during preparation (½)	1		
- during cooking (½)			
Kitchen - during preparation (½)	1		
- during service (½)			
Personal - when handling food (½)	1		
- grooming (½)			
Sub-total	11		
4. ECONOMY OF RESOURCES			
Use of water			
Taps closed when not in use	½		
No spillage of water	½		
Food			
No excess food peelings	½		
Utilizes all food ordered	½		
Fuel			
Simmering when necessary	½		
Switching on and off sources of fuel appropriately	½		
Cleaning up			
Cleaning up during work	2		
Clearing up After work	2		
Sub-total	7		
TOTAL	50		
Final Mark = <u>Actual Score</u> 2	25		

