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

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

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

**441/3**

**HOMESCIENCE**

**Paper 3**

**[FOOD AND NUTRITION]**

**Practical**

**MARCH/APRIL 2020**

**Time: 3 1/4 Hours**

**ARISE AND SHINE TRIAL 1 EXAM**

**MACH/APRIL-2020**

441/3

HOMESCIENCE

Paper 3

March/April 2020

Planning session: 30 minutes

Practical session 1 ¼ hours

**INSTRUCTIONS TO CANDIDATES**

* Read the test carefully.
* Textbooks and recipes may be used during planning session as reference materials
* You will be expected to keep to your order of work during the practical session.
* You are not allowed to bring additional notes to the practical session.

*This paper consists of 2 printed pages.*

*Candidates should check the question paper to ascertain that all the pages are printed as indicated and o questions are missing*

*H/Science 441/3*

**THE TEST**

Your cousin is coming to visit you at your home. Using the ingredients listed below, prepare, cook and serve a one-course meal and a dessert for three two of you.

**Ingredients**

* Rice/maize flour/wheat flour/potatoes/bananas
* Beef/meat
* Tomatoes
* Onions
* Dhania
* Kales/cabbages
* Fruits
* Sugar
* Fat
* Royco
* Salt
* Capsicum

**Planning Session.**

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

(i). Identify the dishes and write down their recipes

(ii). Write down your order of work.

(iii). Make a list of the food stuff, equipment and materials you would require.

**Instructions to the candidates**

* Read the test carefully.
* Write your name and index number on every sheet of paper used.
* Text books and recipes may be used during planning session as reference materials.
* You will be expected to keep to your order of work during practical session.
* You are not allowed to bring any additional notes to the practical session.