

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)
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(PRACTICAL)
1 ¾ hours

Instructions to candidates

PLANNING SESSION: 30 minutes
PRACTICAL TEST SESSION: 1 ¼ hours

- (a) Read the test carefully.*
- (b) No stationery is provided.*
- (c) Write your name and index number on every sheet of paper used.*
- (d) Textbooks and recipes may be used during the planning session as reference materials.*
- (e) You will be expected to keep your order of work during the practical session.*
- (f) You are only allowed to take away your reference materials at the end of the planning session*
- (g) 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.