

Name Index No.

441/3

Candidate's signature

HOMESCIENCE

Paper 3

Date

FOODS AND NUTRITION

Time: 1¼ Hours



Atika School

Free Online Academy

Kenya Certificate of Secondary Education

HOMESCIENCE

Paper 3

PLANNING SESSION : 30 minutes

PRACTICAL TEST : 1¼ Hours

INSTRUCTIONS TO CANDIDATES

- * Read the test carefully.
- * No stationery is provided.
- * You are expected to use pages of the question paper as stationery for your work.
- * Write your name and index number on every sheet of paper used.
- * Text books and recipes may be used during the planning session as reference materials.
- * You will be expected to keep to your order of work during the Practical Session.
- * You are only allowed to take away your reference materials at the end of the Planning session.
- * You are not allowed to bring additional notes to the Practical session.

You are visiting a neighbouring school for a symposium that will take the whole day. Using the following ingredients, prepare, cook and pack two items (snacks) to eat during the lunch break. Include a nutritional drink.

List of ingredients :

- Wheat flour
- Margarine
- Cooking oil
- Onions
- Sugar
- Baking powder
- Beef
- Tomatoes
- Mixed spices
- Eggs
- Salt
- Fruits in season