

Name ..... Index No. ....

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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