

**441/3**  
**HOME SCIENCE**  
**FOODS AND NUTRITION**  
**PAPER 3**  
**(PRACTICAL)**  
**JULY / AUGUST 2016**  
**TIME: 1¾ HOURS**  
**30 MIN - PLANNING**

## **MAKUENI COUNTY CLUSTER PREPARATORY EXAMINATION 2016**

Kenya Certificate of Secondary Education  
FOODS AND NUTRITION  
PAPER 3  
(PRACTICAL)  
1¾ HOURS

**PLANNING SESSION: 30 MINUTES**  
**PRACTICAL TEST SESSION: 1¼ HOURS**

### **INSTRUCTIONS TO CANDIDATE'S:**

1. Read the test carefully.
2. Write your **name** and **index number** on every sheet of paper used.
3. You are advised to spend 30 minutes to come up with a plan of work which will be used for the practical.
4. Text books and recipe books may be used during the Planning Session as reference materials.
4. You will be expected to keep to your order of work during the Practical Session.
5. You are only allowed to take away your reference materials at the end of the Planning Session.
6. You are not allowed to bring additional notes to the Practical Session.

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*A Special Performance Improvement Project  
By His Excellency Prof. Kivutha Kibwana  
Sponsored by the Government of Makueni County*

Turn over

## **THE TEST:**

You are visiting your aunt who is a strict vegetarian. Using the ingredients provided, prepare, cook and serve a one- course dinner for both of you. Include a refreshing fruit drink.

### **Ingredients:**

- Rice / Maize meal / wheat flour
- Green grams / Beans / Lentils / Green peas.
- Green vegetables in season.
- Onions
- Tomatoes
- Capsicum
- Salt
- Cooking fat
- Parsley / Dhania
- Suitable spices ( optional)
- Fruits in season
- Sugar

### **PLANNING SESSION - 30 MINUTES:**

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

1. Identify the dishes and write down their recipes
2. Write down your order of work
3. Make a list of the food stuffs and equipment you will require.