

441/3
HOMESCIENCE
(FOOD AND NUTRITION PRACTICAL)
PAPER 3
TIME: 1 ¼ HOURS



Atika School

Free Online Academy

Home science Paper 3

PLANNING SESSION ; 30 MINUTES
PRACTICAL TEST SESSION; 1 ¼ HOURS

INSTRUCTION TO 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 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

THE TEST

You friend is visiting over the weekend and you plan to have lunch. Using the ingredients listed below, prepare, cook and serve one course meal for both of you. Prepare and serve savoury sandwiches for 4'oclock tea for both of you.

Ingredients

Rice/wheat flour

Fat

Beef/chicken

Salt

Green leafy vegetables

Tomatoes

Onions

Corriander

Carrots

Eggs

Capsicum

Royco

Bread

Planning session: 30mins

Use separate sheet of paper for each task listed below and 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 stuff and equipment you will require.