

441/3
HOME SCIENCE (FOODS AND NUTRITION)
Paper 3
PRACTICAL
January 2021
1 ¾ hours

KASSUJET EXAMINATION 2021

THE KENYA NATIONAL EXAMINATIONS COUNCIL
Kenya Certificate of Secondary Education
HOME SCIENCE (FOODS AND NUTRITION)
Paper 441/3
PRACTICAL
1 ¾ hours

PLANNING SESSION: 30 minutes

PRACTICAL TEST SESSION: 1¾ hours

Instructions to candidates

- (a) Read the test carefully.*
- (b) Write your name and index number on every sheet of paper used.*
- (c) Text books and recipe books may be used during the planning session as reference materials.*
- (d) You will be expected to keep to your order of work during the practical session.*
- (e) You are only allowed to take away your reference materials at the end of the planning session.*
- (f) You are NOT allowed to bring additional notes to the practical session.*

This paper consists of 2 printed pages

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Candidates should check to ensure that both pages are printed pages

THE TEST

During the holiday your elderly aunt visited your home with a sick nephew who is suffering from Goiter . They will spend the evening in your home then leave for the hospital in the morning. As you prepare the meal, remember your nephew is feeding on liquids only. Using the ingredients listed below prepare cook and serve:

- (i) A one-course dinner for two, include a stimulating drink.
- (ii) Prepare a suitable food item for your nephew

Ingredients

Pumpkin
Maize meal
Liver
Spinach
Milk
Tea leaves
Onions
Tomatoes
Green pepper
Dhania
Cooking oil/fat
Salt
Sugar

PLANNING SESSION – 30 MINUTES

Use separate sheets of paper for each task listed below and a 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 food stuffs, materials and equipment you will require