

Name: \_\_\_\_\_ Index No: \_\_\_\_\_

School: \_\_\_\_\_ Candidate's Sign \_\_\_\_\_

Date: \_\_\_\_\_

441/3

**HOMESCIENCE**

**Paper 3**

[FOOD AND NUTRITION]

## **Practical**

**MARCH/APRIL 2020**

**Time: 3 ¼ Hours**

### **ARISE AND SHINE TRIAL 1 EXAM MACH/APRIL-2020**

441/3

**HOMESCIENCE**

**Paper 3**

**March/April 2020**

**Planning session: 30 minutes**

**Practical session 1 ¼ hours**

#### **INSTRUCTIONS TO CANDIDATES**

- Read the test carefully.
- Textbooks and recipes may be used during planning session as reference materials
- You will be expected to keep to your order of work during the practical session.
- You are not allowed to bring additional notes to the practical session.

*This paper consists of 2 printed pages.*

*Candidates should check the question paper to ascertain that all the pages are printed as indicated and no questions are missing  
H/Science 441/3*

### **THE TEST**

Your cousin is coming to visit you at your home. Using the ingredients listed below, prepare, cook and serve a one-course meal and a dessert for three two of you.

### **Ingredients**

- Rice/maize flour/wheat flour/potatoes/bananas
- Beef/meat
- Tomatoes
- Onions
- Dhania
- Kales/cabbages
- Fruits
- Sugar
- Fat
- Royco
- Salt
- Capsicum

### **Planning Session.**

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

- (i). Identify the dishes and write down their recipes
- (ii). Write down your order of work.
- (iii). Make a list of the food stuff, equipment and materials you would require.

### **Instructions to the 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 planning session as reference materials.
- You will be expected to keep to your order of work during practical session.
- You are not allowed to bring any additional notes to the practical session.