

NAME: INDEX.NO:

SCHOOL: CANDIDATES SIGN:

DATE:

441 /3
HOMESCIENCE
(FOOD AND NUTRITION)
(PRACTICAL)
PAPER 3
1 HOUR 45 MIN

DECEMBER 2020

MERU CENTRAL CLUSTER EXAMINATION
KENYA CERTIFICATE OF SECONDARY EDUCATION (KCSE)

Planning session – 30 minutes

Practical session – 1¼ hours

INSTRUCTION TO CANDIDATES

- 1. Read the test carefully.*
- 2. Write your name and index number on every sheet of paper*
- 3. Text books and recipes may be used during the planning session.*
- 4. You will be expected to keep to your order of work during the practical session.*
- 5. You are only allowed to take your reference materials at the end of the planning session.*
- 6. You are not allowed to bring additional notes to the practical session.*

THE TEST

Your cousin who is an Athlete is coming home for supper after a whole day's practice in readiness for the following days competitions .

Using all the ingredients listed below ,plan ,prepare, cook and present a suitable one course dinner for the two of you.

Include a refreshing drink.

Ingredients

- Maize meal flour/Wheat flour /Rice
- Beef /Green peas/Beans
- Fruits in season
- Fat/Oil
- Tomatoes
- Carrots
- Onions
- Salt
- Sugar
- Capsicum
- Dhania
- Green leafy vegetables /Cabbage

PLANNING SESSION - 30 MINUTES

For each task listed below ,Use separate sheets of paper and make duplicate copies using carbon paper.

Proceed as follows:

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