

NAME ..... DATE .....

INDEX NO. .... CANDIDATE'S SIGNATURE .....

**441/3**  
**HOME SCIENCE (FOODS AND NUTRITION)**  
**Paper 3**  
**Practical**  
**Time: 1¼ Hours**

## **GOLDEN ELITE EXAMINATIONS 2020**

*Kenya Certificate of Secondary Education*

**441/3**  
**HOME SCIENCE (FOODS AND NUTRITION)**  
**Paper 3**  
**Time: 1¼ Hours**

**Practical session: 1¼ hours**  
**Planning test session: 30 minutes**

### **INSTRUCTIONS TO CANDIDATES**

- a) Read the test carefully.
- b) Write your name and index number on every sheet of paper used.
- c) Textbooks and recipes 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.*  
*Candidates should check to ensure that all pages are printed as indicated and no questions are missing*

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## **THE TEST**

You are intending to visit your elder sister during the holiday

Using the ingredients listed below prepare, cook and serve one course meal and hot beverage for both of you.

### **Ingredients**

- Potatoes /rice / maize flour
- Green grams / beef / beans
- Green leafy vegetables / cabbage
- Carrots
- Tomatoes
- Green pepper
- Onions
- Salt
- Sugar
- Spices
- Cooking oil / fat
- Fruits in season
- Milk

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

Use separate sheets of paper for each task listed below and use carbon paper to make duplicate copies then proceed as follows;

- (i) Identify the dishes and write down their recipes
- (ii) Write down your order of work
- (iii) Make a list of food stuffs and equipments you will require