

TRIAL ONE EVALUATION TEST MARCH/APRIL 2019
441/3 HOMESCIENCE, FOODS AND NUTRITION, Paper 3 (Practical)

PLANNING SESSION: 30minites
PRACTICAL TEST SESSION: 1¼hours.

INSTRUCTIONS TO CANDIDATES

- ❖ *Read the test carefully.*
 - ❖ *Write your name and index number on every paper used.*
 - ❖ *Text books and recipes may be used during the planning session as reference material.*
 - ❖ *Work to be done in duplicate copies.*
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THE TEST

Your two friends aged between 13-16 years will be visiting for lunch, using the ingredients listed below, prepare, cook and serve a suitable meal include a nutritious drink.

Ingredients

- a. Potatoes / rice
- b. Sausages /beef
- c. Cabbage
- d. Carrots
- e. Tomatoes
- f. Onions
- g. Oil
- h. Salt
- i. Fruit in season
- j. Sugar
- k. Seasoning

PLANNING SESSION: 30minites.

Use separate sheets of paper for each task listed below and use carbon paper to make duplicate.

- 1) Identify the dishes and write down their recipes.
- 2) Write down your order of work.
- 3) Make a list of the food stuffs and equipment you will require.