

THE ROYAL EXAM SERIES

Kenya Certificate of Secondary Education

441/3 — HOME SCIENCE — Paper 3

FOOD AND NUTRITION



PRACTICAL

FORM 4

TERM 2



DECEMBER 2021- 1³/₄ HOURS

Name..... Index Number:.....

School.....

Candidate's Signature..... Date.....4

Instructions to candidates

PLANNING SESSION: 30 minutes

PRACTICAL TEST SESSION: 1 ¼ hours

- (a) Read the test carefully.
- (b) No stationery is provided.
- (c) Write your name and index number on every sheet of paper used.
- (d) Textbooks and recipes may be used during the planning session as reference materials.
- (e) You will be expected to keep your order of work during the practical session.
- (f) You are only allowed to take away your reference materials at the end of the planning session
- (g) You are **not** allowed to bring additional notes to the practical session.

THE TEST

You are taking care of your nursing Aunt. Use all the ingredients listed below to prepare, cook and serve;

- (i) A beverage with an accompanying snack for her 10 o'clock.
- (ii) A one-course lunch for both of you.

Ingredients

Rice/maize flour

Milk

Capsicum

Sugar

Tomatoes

Green leafy vegetable

Cooking oil/fat

Salt

Tea leaves/cocoa

Onions

Coriander leaves

Beef/chicken/green grams/lentils

Bread/scones

Seasonings/spices

PLANNING SESSION – 30 MINUTES

Use separate sheets of paper for each task listed below and 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 foodstuffs, materials and equipment you will require.