**FORM FOUR MOCK EXAMINATION**

**441/3**

**HOMESCIENCE**

**FOODS AND NUTRITION**

**Paper 3**

**PRACTICAL**

**July 2023**

**1 ¾ hours**

**PLANNING SESSION:** **30 minutes**

**PRACTICAL TEST SESSION: 1 ¼ hours**

**INSTRUCTIONS TO CANDIDATES**

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

**These instructions consist of 2 printed pages**

**Candidates should check the question paper to ascertain that bot pages are**

**printed as indicated and no part of the question is missing.**

**THE TEST**

You are visiting your grandmother overnight and helping her prepare supper.

Using the ingredients listed below, prepare, cook, and present a suitable two-dish meal and a dessert for the two of you.

**Ingredients**

Irish potatoes/Green bananas/maize meal

Onions

Carrots

Tomatoes

Green leafy vegetable

Coriander (dhania)

Ripe bananas

Beans/minced meat/liver

Salt

Oil/cooking fat

Pawpaw

Sugar

Pineapple

**PLANNING SESSION- 30 minutes**

For each task below, use separate sheets of paper and carbon paper to make duplicate copies then proceed as follows:

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