441/3

HOME SCIENCE

PAPER 3

(Food and Nutrition)

Practical

March/ April 2020

Time: 13/4 hours

**MOKASA JOINT EVALUATION EXAMINATION.**

**K.C.S.E**

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HOME SCIENCE.

PAPER 3

(Food and nutrition)

Practical.

MARCH/ APRIL 2020

TIME: 13/4  HOURS

**PLANNING SESSION : 30 MINUTES**

**PRACTICAL TEST SESSION : 13/4 HOURS**

**Instructions to the candidates.**

1. Read the test carefully.
2. No extra stationery is provided.
3. You are expected to use pages of the question paper as stationery.
4. Text books and recipes may be used during the planning session as reference materials.
5. You will be expected to keep to your order of work during the practical
6. You are only allowed to take away your reference materials at the end of the planning session.
7. You are not allowed to bring additional notes to the practical session.

**THE TEST.**

You have won a tender to serve a lunch on a construction site. One of the workers is a mother (**mwanamke bomba)** with her seven months old baby. Using the ingredients listed below plan, prepare, cook and serve a one course lunch and a suitable weaning dish for the baby. Include a nutritious drink.

**Ingredients.**

Maize flour / wheat flour

Beef.

Kales / Cabbage.

Mangoes.

Irish potatoes.

Tomatoes.

Onions

Coriander leaves.

Sugar.

Cinnamon sticks.

Cooking oil / fat.

Salt.

Milk.

**PLANNING SESSION - 30 MINUTES.**

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

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