**NAME: ………………………………………………….. INDEX.NO: ……..………………….**

**SCHOOL: ………………………………………………..CANDIDATES SIGN: ………..……**

**DATE: …………………………………………………**

**441 /3**

**HOMESCIENCE**

**(FOOD AND NUTRITION)**

**(PRACTICAL)**

**PAPER 3**

**1 HOUR 45 MIN**

**DECEMBER 2020**

***MERU CENTRAL CLUSTER EXAMINATION***

***KENYA CERTIFICATE OF SECONDARY EDUCATION (KCSE)***

**Planning session – 30 minutes**

**Practical session – 1¼ hours**

***INSTRUCTION TO CANDIDATES***

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

**THE TEST**

Your cousin who is an Athlete is coming home for supper after a whole day’s practice in readiness for the following days competitions .

Using all the ingredients listed below ,plan ,prepare, cook and present a suitable one course dinner for the two of you.

Include a refreshing drink.

**Ingredients**

* Maize meal flour/Wheat flour /Rice
* Beef /Green peas/Beans
* Fruits in season
* Fat/Oil
* Tomatoes
* Carrots
* Onions
* Salt
* Sugar
* Capsicum
* Dhania
* Green leafy vegetables /Cabbage

**PLANNING SESSION - 30 MINUTES**

For each task listed below ,Use separate sheets of paper and make duplicate copies using carbon paper.

Proceed as follows:

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