

441/3

HOME SCIENCE

Paper 3

(Foods and Nutrition)
 (Practical)

Mar. 2022 – 1³/₄ hours



Name **Index Number**

Candidate's Signature **Date**

Instructions to candidates

PLANNING SESSION: 30 minutes

PRACTICAL TEST SESSION: 1¹/₄ hours

- (a) Read the test carefully.
- (b) Use the Booklet provided for all your work
- (c) Write your name and index number on every sheet of paper used.
- (d) Text books and recipes may be used during the planning session as reference materials.
- (e) You will be expected to keep to 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.
- (h) Previously written plans are not allowed into the examination.
- (i) **This paper consists of 20 printed pages.**
- (j) **Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no page is missing.**
- (k) **Candidates should answer the questions in English.**

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THE TEST

You are staying with your 10 year old brother who is recovering from an illness.

Using the ingredients listed below:

1. Prepare, cook and present a **one course meal** for **him**, using at least **two** cooking methods.
2. Include a nutritious drink.
3. Use **tray** service.

Ingredients:

- Beef/chicken/green peas
- Carrots
- Onions
- Potatoes/rice
- Milk
- Margarine
- Green leafy vegetables
- Tomatoes
- Dhania
- Green pepper/capsicum
- Oil/fat
- Salt
- Fruits in season
- Sugar



PLANNING SESSION – 30 minutes

Use separate sheets of paper for each task listed below and a 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 the foodstuff and equipment you will require.

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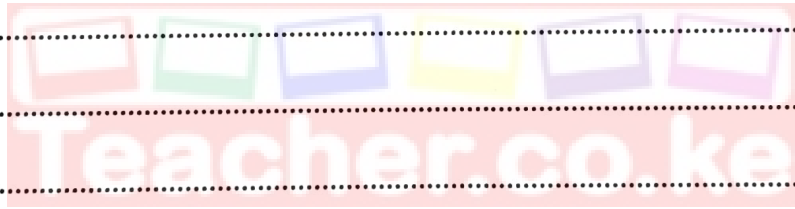
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