

441/3

FOODS AND NUTRITION

PAPER 3

PRACTICAL

Time: 1 ¾ HOURS

BUNAMFAN CLUSTER EXAMINATION 2021

KENYA CERTIFICATE OF SECONDARY EDUCATION (K.C.S.E)

FOODS AND NUTRITION

PAPER 3 PRACTICAL (1 ¾ HOURS)

Instructions to candidates

PLANNING SESSION (30 MINUTES)

PRACTICAL TEST SESSION (1 ¼ HOURS)

- (a) *Read the test carefully.*
- (b) *Write your name and index number on every sheet of paper used.*
- (c) *Textbooks and recipes may be used during the planning session as reference materials.*
- (d) *You will be expected to keep to your order of work during the practical session.*
- (e) *You are only allowed to take away your reference materials at the end of the planning session.*
- (f) *You are not allowed to bring additional notes to the practical session.*
- (g) *This paper consists of 2 printed pages.*
- (h) *Candidates should check the question paper to ascertain that both pages are printed as indicated and that no page is missing.*

THE TEST

Your cousin who is an athlete is coming home for supper after a whole day practice in readiness for the following day competition.

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 for the two of you.

Ingredients

- Maize Meal Flour/ Wheat Flour/ Rice
- Beef/ Green Peas/ Beans
- Green leafy vegetables/ Cabbage
- Fruit in season
- Fat/ Oil
- Tomatoes
- Carrots
- Onions
- Salt
- Sugar
- Capsicum
- Dhania

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 the foodstuffs and equipment you will require.