

TERM 2
HOME SCIENCE (FOODS AND NUTRITION)
FORM FOUR
PAPER 3 - PRACTICAL (441/3)
PLANNING; 30 MINUTES
PRACTICAL TEST SESSION; 1 ¼ HOURS

NAME: ADM NO:
SCHOOL: CLASS:
SIGNATURE: DATE:

INSTRUCTION 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 to your order of work during the practical session
5. You are allowed to take away ONLY 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

You are staying with your sister who has recently delivered through caesarean section. Using all the ingredients listed below, prepare cook and serve suitable lunch for the two of you. In addition prepare a suitable nutritious drink.

INGREDIENTS

Milk

Sugar

Irish potatoes/Green bananas/Rice

Green grams/Lentils/Liver

Salt

Oil/Cooking fat

Coriander

Tomatoes

Carrots

Onions

Cabbage/Green leafy vegetables

Fruit in season

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 food items and write down their recipes.
2. Write down your order of work
3. Make a list of foodstuff, materials and equipment you will require.