NAME:……ADM NO……..
CLASS…….

DATE ……SIGN……..

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HOMESCIENCE

PAPER 3

FOODS AND NUTRITION

TIME: 1 HR 45 MINUTES

GOLDLITE EXAMINATIONS
FORM 4 JUNE 2022 PRE-MOCKS

Kenya Certificate of Secondary Education (KCSE)

PLANNING: 30 MINUTES

PRACTICAL :1 HR 15 MINUTES

 FOR MARKING SCHEMES INBOX 0724351706

THE TEST

You are taking care of your older sister who is recuperating at home, using the ingredients listed below, prepare cook and serve a suitable two course meal for the two of you.

Ingredients

- Rice/Irish potatoes
- Minced meat/liver
- Onions
- Tomatoes
- Ripe bananas
- Lemon
- Pawpaws/mangoes
- pineapples
- Carrot
- Salt
- Oil/fat
- sugar
- cabbage
- Dhania

For each task below, use separate sheets of paper and make duplicate copies using carbon paper. Then proceed as follows:-

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

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