

441 / 3  
FOOD AND NUTRITION  
PAPER 3  
JULY / AUGUST 2010  
1 ¾ HOURS

# **AINAMOI /BELGUT EVALUATION TEST**

## **Kenya Certificate of Secondary Education 2010**

441 / 3  
FOOD AND NUTRITION  
PAPER 3  
JULY / AUGUST 2010

**PLANNING SESSION 30 MIN:**

**PRACTICAL TEST SESSION 1 ¼ HOURS**

### **INSTRUCTION TO CANDIDATES**

- ❖ *Read the test carefully*
- ❖ *Write you name and index number on every sheet of paper used.*
- ❖ *Text books and recipes may be used during the planning session as reference materials.*
- ❖ *You will be expected to keep your order of work during the practical session.*
- ❖ *You are only allowed to take away your reference materials at the end of the planning session.*
- ❖ *You are not allowed to bring additional note to the practical session.*

This paper consists of 2 printed pages. Candidates should check the question paper to ensure that all pages are printed as indicated and no questions are missing.

## **THE TEST**

Your sister is bedridden with malaria and you are required to present her food. Using the ingredients listed below, prepare cook and present her the following foods. Porridge, a steamed cake and groundnuts.

### **Ingredients**

1. Wheat flour
2. Blue band
3. Sugar
4. Baking powder
5. Flavouring
6. Eggs
7. Milk
8. Baking flour
9. Groundnuts
10. Salt
11. Millet flour/ maize flour/ sorghum

### **PLANNING SESSION – 30 MINUTES**

Use separate sheets of paper for each task listed below and use carbon paper to make duplicate copies.

Then proceed as follows:

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