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NAME..... INDEX NO.....

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ASUMBI GIRLS HIGH SCHOOL

POST -MOCK 1

AUGUST/SEPTEMBER

2022

AUGUST / SEPTEMBER - 2022

HOMESCIENCE – (FOODS AND NUTRITION PRACTICAL)

PAPER 3

TIME: 1 ¾ HOURS

PLANNING SESSION: 30MINUTES

PRACTICAL TEST SESSION: 1 ¼ HOURS

Instructions to candidates

1. Read the test carefully.
2. Write your name on every sheet of paper.
3. Text books and recipes may be used during the planning sessions as reference.
4. You will be expected to keep to your order of work during the practical session.

5. You are only allowed to take away your reference materials at the end of the planning session.
6. You are not allowed to bring additional notes to the practical.

a) The test

You and your sibling are at home during school holidays. Using the ingredients listed below, plan, prepare and present a two course breakfast for the two of you.

b) Ingredients

- Sweet potatoes/ Arrow roots
- Bread
- Margarine/Cooking oil/Fat
- Tomatoes/Lettuce
- Onions
- Eggs/Sausages
- Oranges/Pineapple/Ripe bananas
- Tea leaves/Cocoa/Drinking chocolate
- Milk
- Sugar
- Salt

c) PLANNING SESSION - 30MINUTES

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

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