

KENYA HIGH SCHOOL

POST MOCK EXAMINATIONS

HOMESCIENCE PAPER 3 FORM 4, 2021

Kenya Certificate of Secondary Education

THE TEST

You are intending to visit your elder sister during the holiday

Using the ingredients listed below prepare, cook and serve one course meal and hot beverage for both of you.

Ingredients

- Potatoes /rice / maize flour
- Green grams / beef / beans
- Green leafy vegetables / cabbage
- Carrots
- Tomatoes
- Green pepper
- Onions
- Salt
- Sugar
- Spices
- Cooking oil / fat
- Fruits in season
- Milk

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;

- (i) Identify the dishes and write down their recipes
- (ii) Write down your order of work
- (iii) Make a list of food stuffs and equipments you will require