**THE TOP SCHOOLS MULTILATERAL SERIES 2 FORM 4 MIDTERM 1 EXAMS 2024**

**Name………………………………………………… Index No. …………………….**

**School ………………………………………………...**

**441/3**

**FOODS AND NUTRITION**

**PAPER 3**

**PRACTICAL**

**TIME: 1 ¾ HOURS**

**PLANNING : 30 MINUTES**

**PRACTICAL TEST SESSION : 1 ¼ HOURS**

**INSTRUCTIONS TO CANDIDATES**

* Read the test carefully
* Write your name and index number on every sheet of paper used.
* Textbooks and recipes may be used during planning session as reference materials
* Keep to your order of work during practical session.
* Do not bring additional notes to the practical session.

**THE TEST**

You are expecting a friend over the weekend, using the ingredients listed below, prepare and serve a one course meal for the 2 of you. Include a creamed cake and a suitable drink.

* Raisins / sultanas / currants / vanilla essence
* Wheat flour
* Eggs
* Margarine
* Baking powder
* Milk
* Sugar
* Salt
* Rice / maize flour
* Fruits in season
* Cooking oil
* Beef / Beans
* Green leafy vegetables
* Carrots
* Tumeric / mixed spices / Royco

**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 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.