**FORM 4**

**PAPER 441/3**

**FOOD AND NUTRITION**

**(PRACTICAL)**

**FORM 4 JANUARY 2023 TERM 1 OPENER EXAM**

**1 ¾ HOURS**

**PLANNING SESSION: 30 MINUTES**

**INSTRUCTIONS**

Read the test carefully

Text books and recipes may be used during the planning session as reference materials.

You will be expected to keep to your order of work during the practical session.

You are allowed to take away only your reference materials at the end of the planning session

You are not allowed to bring additional notes to the practical session

**THE TEST**

Your sister’s friend is visiting your home and your sister has requested you to help prepare a 10.00 o’clock tea. Using the ingredient listed below, prepare, cook and present a beverage and two tea items for the three of you.

**INGREDIENTS**

* Plain wheat flour/self-raising flour
* Eggs
* Sugar
* Milk
* Tea leaves/cocoa/soya
* Oil/fat
* Salt
* Bread
* Tomatoes
* Blue band

**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 beverage and the tea items then write down their recipes.
2. Write down your order of work
3. Make a list of foodstuffs and equipment you will require