

SCHOOL BASED ASSESSMENT

GRADE 7

AGRICULTURE AND NUTRITION



May 2024

Practical (1 hour)

Duration: 2 Weeks

THE KENYA NATIONAL EXAMINATIONS COUNCIL

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Instructions to Learners

- (a) *This paper consists of **ONE** practical task.*
- (b) *The project is scored out of 30 marks.*
- (c) *Answer **all** the questions in English.*

This paper consists of 4 printed pages.

Candidates are advised to check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.

Turn over

INSTRUCTIONS TO THE TEACHER

- (a) This practical task is on conservation of nutrients when preparing, cooking and serving vegetables.*
- (b) The teacher shall organise the learners in groups of 5 – 6 members for the task.*
- (c) The teacher to organise the task in sessions of not more than 1 hour each.*
- (d) The teacher shall guide the groups in choosing a locally available vegetable to cook.*
- (e) The teacher to guide the groups to search for information and write recipes for cooking green leafy vegetables.*
- (f) The teacher shall guide the groups in sourcing for the vegetables and other ingredients they will use.*
- (g) The teacher to guide the groups in sourcing for appropriate tools and cooking equipment without having to buy new ones. These can be improvised or sourced from home, school, neighbours, and friends/classmates.*
- (h) The teacher **must** ensure that learners are dressed appropriately and they observe safety during the practical.*

NB: The learners should NOT be left on their own at any one time during the practical. Learners should be encouraged to use fuels that are available within their locality.

THEME: Conservation of Food Nutrients for Good Health

TASK: Conserving Nutrients in Vegetables During Cooking

Your teacher has put you in groups to carry out a practical to demonstrate ways of conserving nutrients when preparing and cooking vegetables.

To accomplish the task:

- a) Search for information on the different ways of conserving nutrients in vegetables.
- b) Make a write up on the different ways of conserving nutrients in vegetables.
- c) Identify locally available green leafy vegetables to cook.
- d) Write the recipe for cooking the selected vegetables.
- e) Identify and assemble tools, equipment and materials you will use during the practical.
- f) Cook the selected vegetables.
- g) Serve and present the cooked vegetables with a suitable carbohydrate dish.
- h) Observe hygiene and safety during the practical.

Targeted General Learning Outcome.

Engage in food production processes for self-sustainability, health and economic development.

Targeted Specific Learning Outcomes

The learner should be able to:

- a) Identify ways of conserving vitamins and minerals in vegetables (Grade 7 SLO 1.3 a).
- b) Conserve vitamins and minerals in vegetables (Grade 7 SLO 1.3 b).

Standards

The learner can:

- a) Make a write up on ways of conserving nutrients in vegetables.
- b) Identify locally available green leafy vegetables to cook.
- c) Write recipes for cooking green leafy vegetables.
- d) Identify and assemble tools, equipment and materials for cooking green leafy vegetables.
- e) Cook green leafy vegetables.
- f) Serve cooked vegetables.
- g) Observe hygiene and safety when preparing, cooking and serving food.

TARGETED CORE COMPETENCIES, VALUES, PERTINENT AND CONTEMPORARY ISSUES**a) Core Competencies**

- i) Digital literacy as the learner searches for information on ways of conserving nutrients in vegetables.
- ii) Learning to learn as the learner uses the knowledge acquired to conserve nutrients when cooking the vegetables.
- iii) Self-efficacy as the learner masters the art of cooking and serving food.

b) Values

- i) Responsibility as the learner uses the tools, equipment and materials to cook.
- ii) Integrity as the learner carries out the task independently.
- iii) Unity as the learner carries out the task harmoniously.

c) Pertinent and Contemporary Issues

- i) Health promotion as the learner conserves nutrients in vegetables and as they observe hygiene during the practical
- ii) Safety as the learner observes safety when using the tools, equipment and materials to carry out the task.

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