higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 2

(11011012)

12 November 2024 (Y-paper)
13:00–15:00

This question paper consists of 9 pages.

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)
FOOD PREPARATION
NQF LEVEL 2
TIME: 2 HOURS
MARKS: 100

INSTRUCTIONS AND INFORMATION

1. Answer all the questions.
2. Read all the questions carefully.
3. Number the answers according to the numbering system used in this question paper.
4. Use only a black or blue pen.
5. Write neatly and legibly.

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QUESTION 1

The following equipment is used in The Roast Bean Café kitchen.

1.1 Identify the kitchen equipment shown below.



(1)

1.2 State TWO functions of the kitchen equipment in QUESTION 1.1. (2)

1.3 Explain step-by-step how to clean the kitchen equipment in QUESTION 1.1 after use. (3)

1.4 A chef needs to prepare a beetroot salad for a lunch menu.

Advise the chef on a step-by-step method for making the beetroot salad. (6)

1.5 Hot and cold sandwiches including rolls are popular café menu items.

What are the best practices that the staff can follow to limit cross-contamination when preparing sandwiches with different fillings? (3)

1.6 List THREE factors to be considered when choosing sandwich fillings. (3)

1.7 A service staff slips on spilled sauce during the preparation of food for quick service and hurts his back.

Discuss how to handle this situation. (3)

1.8 As the supervisor, you need to train the newly appointed storekeeper.

Describe to the new storekeeper what to look for when receiving the following:

1.8.1 Bagged coffee beans (3)

1.8.2 Frozen pita bread (2)

1.9 Before vegetables are prepared, they must be thoroughly washed.

What is the importance of washing the vegetables? (2)

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1.10 Before serving food for quick service, the chef uses garnish to improve the appearance and taste of a dish. The chef is serving hot dogs.

Suggest TWO garnishes that the chef can use to garnish the hot dogs. (2)
[30]

QUESTION 2

Read the recipe below and answer the questions that follow.

2.1

UMAMI MUSHROOM RIGATONI



INGREDIENTS:

250 g	rigatoni pasta (or another similar short pasta), cooked until al dente
4 large	portobello mushrooms, cut into quarters
250 g	porta bellini mushrooms, cut into quarters
250 g	olive oil
250 g	butter
1 bunch	thyme, fresh
4	garlic cloves, minced
2 tbsp.	soy sauce
$^1/_2$ cup	crème fraîche
1	lemon, cut into wedges
	salt and pepper to taste

2.1.1 Identify the cuisine in the above recipe. (1)

2.1.2 Explain the term, *al dente*, regarding the cooking of pasta. (2)

2.1.3 Rigatoni pasta is out of stock.

Suggest another short pasta that can be used to create this recipe. (1)

2.1.4 A commis chef needs to prepare dried pasta for a pasta dish.

Create a step-by-step method for the commis chef to follow to cook the dried pasta. (5)

2.1.5 The recipe requires the garlic cloves to be minced. What is the easiest way to mince garlic? (1)

2.2 Explain why cooked quick-service menu items must be disposed of when not served within a specified time. (2)

2.3 Identify the cooking methods that matches the quick service food items listed. Write only the answer next to the question number (2.3.1–2.3.3) in the ANSWER BOOK. Do not redraw the table.

QUICK SERVICE FOOD ITEM	COOKING METHOD
Pizza	2.3.1
Samoosa	2.3.2
Chicken kebab	2.3.3

(3 × 1) (3)

2.4 How would you, as a server, deal with an unusual customer request during quick service? (2)

2.5 Pre-prepared and convenience food items are used in a quick service establishment.

List THREE types of regenerated items. (3)

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2.6 Study the pictures below and state ONE use for each of the following kitchen utensils.

2.6.1



2.6.2



2.6.3



2.6.4



2.6.5



(5 × 1) (5)

[25]

QUESTION 3

3.1 One can choose from an extensive range of knives and cutting equipment:

3.1.1 State quality points to look for when purchasing a chef's knife. (3)

3.1.2 A quality knife is an expensive tool.

Make recommendations on how to take care of a chef's knife. (3)

3.1.3 Explain how one would respond upon finding the slicing machine broken? (2)

3.1.4 Why is it important to choose the correct knife for its intended purpose? (2)

3.2 Some vegetables can be grilled.

Give an example of such a vegetable. (1)

3.3 How should vegetables be prepared:

3.3.1 before being grilled (2)

3.3.2 while being grilled (1)

3.4 Give TWO reasons why vegetables are prepared before being grilled. (2)

3.5 When frying food, the following are used to help maintain the quality of oil.

State ONE function for each:

3.5.1 Paper filters

3.5.2 Stainless steel thermometer

(2 × 1) (2)

3.6 Fried fish should be served immediately to customers.

Explain why fried fish should be served immediately. (2)

3.7 Choose the correct temperature from COLUMN B that matches the baked item in COLUMN A. Write only the letter (A–E) next to the question number (3.7.1–3.7.5) in the ANSWER BOOK. Do not redraw the table.

COLUMN A		COLUMN B	
3.7.1	Yorkshire pudding	A	120 °C -150 °C
3.7.2	Biscuits	B	200 °C
3.7.3	Fruit cake	C	180 °C
3.7.4	Meringue	D	160 °C
3.7.5	Standard sponge cake	E	100 °C

(5 × 1) (5)

[25]

QUESTION 4

4.1 Various options are given as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question number (4.1.1–4.1.5) in the ANSWER BOOK.

4.1.1 Sweating means …

A that cooking is done in a covered pan in a small amount of fat.
B that cooking is done when stewing tough meat cuts.
C that cooking is done using the boiling cooking method.
D that cooking is done when coating food and deep frying in oil.

4.1.2 This vegetable is also known as courgette or zucchini.

A Brinjal
B Baby marrow
C Kohlrabi
D Celery

4.1.3 Dates, cherries and plums are classified as …

A tropical fruit.
B hard fruit.
C citrus fruit.
D stoned fruit.

4.1.4 A preparation method that is used to remove damaged parts of a vegetable.

A Grating
B Segmenting
C Chopping
D Trimming

4.1.5 Stewed fruit is also known as:

A Flambé fruit
B Sauté fruit
C Fruit compote
D Candied fruit

(5 × 1) (5)

4.2 Seasonal fruits can be preserved and used when not in season.

List THREE ways that fruits can be preserved to be used when not in season. (3)

4.3 It is important for a chef to maintain minimum wastage when preparing fruit for recipes.

Motivate ways for a chef to reduce fruit waste. (3)

4.4 Give the classification of each of the vegetables pictured below.

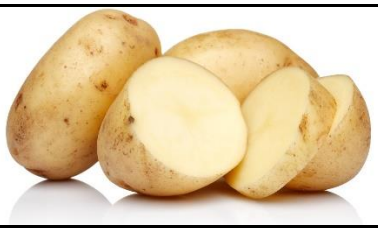
4.4.1



4.4.2



4.4.3



(3 × 1) (3)

4.5 Write down TWO quality points to look for when purchasing each of the following vegetables pictured in QUESTION 4.4.

4.5.1 Picture in QUESTION 4.4.1

4.5.2 Picture in QUESTION 4.4.2

4.5.3 Picture in QUESTION 4.4.3

(3 × 2) (6)
[20]

TOTAL: 100

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