higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

14 November 2022

This marking guideline consists of 8 pages.

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SECTION A

QUESTION 1

1.1	1.1.1	A
	1.1.2	D
	1.1.3	C
	1.1.4	D
	1.1.5	C
	1.1.6	B
	1.1.7	D
	1.1.8	B
	1.1.9	D
	1.1.10	A
	1.1.11	C
	1.1.12	B
	1.1.13	D
	1.1.14	A
	1.1.15	A
	1.1.16	C
	1.1.17	A
	1.1.18	B
	1.1.19	C
	1.1.20	A

(20 × 1) (20)

1.2	1.2.1	False
	1.2.2	False
	1.2.3	True
	1.2.4	True
	1.2.5	True
	1.2.6	False
	1.2.7	True
	1.2.8	True
	1.2.9	True
	1.2.10	True

(10 × 1) (10)

1.3	1.3.1	Protein
	1.3.2	Digestion
	1.3.3	Iron
	1.3.4	Dinner
	1.3.5	Margarine
	1.3.6	Function order form
	1.3.7	Gelatinisation
	1.3.8	Vitamin C/Vitamin B1
	1.3.9	Absorption
	1.3.10	Iodine

(10 × 1) (10)

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1.4 1.4.1 D
1.4.2 J
1.4.3 A
1.4.4 E
1.4.5 I
1.4.6 B
1.4.7 C
1.4.8 F
1.4.9 G
1.4.10 H

(10 × 1) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1
- Heat - dry or moist heat
- Exposure to air
- An alkali such as bicarbonate of soda causes vitamin C to be oxidized.
- It dissolves in water and therefore as little water as possible should be used during cooking.
- Bruising causes loss of vitamin C. (Any 3 × 1) (3)

2.2 2.2.1
- Provide the body with most of its energy✓
- Provides bulk to food ✓
- Promote peristalsis✓
- Prevent diseases such as diabetes,✓ constipation,✓ colon cancer,✓ dental caries.✓ (Any 3 × 1)

2.2.2
- Builds strong bones and teeth.✓
- Helps to clot blood after an injury.✓
- Milk products contain riboflavin. ✓
- Riboflavin, also called vitamin B_2 helps with energy and metabolism.✓
- Required for the correct functioning of muscles✓ and nerves.✓ (Any 3 × 1)

2.2.3
- Gives red blood cells their colour.✓
- Transports oxygen✓ around the body to every cell.✓
- Examples of iron found in food: Liver,✓ kidney,✓ kale,✓ corned beef,✓ spinach,✓ cocoa,✓ chocolate,✓ wholemeal flour.✓ (Any 3 × 1)

(3 × 3) (9)

2.3
- Incomplete proteins are lacking in one or more essential amino acids.✓
- They cannot promote growth✓
- or repair tissue.✓
- Examples are gelatine✓ and zein in maize.✓ (Any 3 × 1) (3)

2.4 2.4.1
- Lard
- Suet
- Dripping
- Butter
- Bacon
- Ghee
- Cream (Any 6 × 1) (6)

2.4.2
- Sunflower oil
- Salad oil
- Olive oil
- Margarine
- Spreads
- Oily fruits
- Orley whip (Any 6 × 1) (6)

2.5
- 15 ml RDA
- Unsaturated or plant oils are preferable (2 × 1) (2)

2.6
- Change the consistency to liquid or a soft diet.
- Increase or decrease the energy values.
- Increase or decrease specific nutrients, e.g. fat, protein or low salt.
- Increase or decrease roughage (fibre).
- Exclude specific foods that cause allergic reactions.
- Provide foods bland in flavour. (Any 6 × 1) (6)

2.7 2.7.1
- Color
- Texture
- Consistency
- Shape
- Aroma
- Flavour and taste
- Temperature (7)

2.7.2
- Fried steak/fried potatoes – duplication/repetition of cooking method - frying
- Garlic mushrooms/garlic bread – duplication/repetition of flavour
- Creamed mushrooms/mushroom sauce – duplication/repetition of consistency
- Pasta salad/garlic bread/fried potatoes - not balanced, only starch
- Not balanced, no vegetables
- Creamed garlic mushrooms/waffles with cream - cream is duplicated - repetition
- Toast/garlic bread – repetition
- Too much starch on the menu (Any 8 × 1) (8)

[50]

QUESTION 3

3.1 3.1.1
- Analyse the popularity of the dishes on the current menu.✓
- Only popular dishes should be considered.✓
- Customers' demands✓/feedback✓ should be considered when compiling the menu.✓
- Traditional✓ or modern trends✓ should be taken into account.✓

(Any 4 × 1) (4)

3.1.2
- Be aware of what is offered by competitors.✓
- Know what is on their menu,✓ the prices✓ and the quality of food.✓
- Offer a menu quite different✓
- with better quality food✓ and if necessary better prices.✓

(Any 4 × 1) (4)

3.2 3.2.1 Lunch is served in the afternoon between 12:00✓ and 14:00.✓

3.2.2 This is one of the most convenient✓ and easiest ways to entertain.✓ Each guest serves himself/herself✓ and it can be a finger✓ or fork buffet.✓ (Any 2 × 1)

3.2.3 This is a combination✓ of breakfast and lunch✓ usually served after nine o'clock and before noon.✓ (Any 2 × 1)

3.2.4 Dinner is served in the evening✓ and is usually a formal meal.✓

3.2.5 Just as dinner, supper is served in the evening,✓ but it is a less formal meal,✓ usually not more than three courses.✓

(5 × 2) (10)

3.3 3.3.1 Smoked salmon
3.3.2 Baby marrow or zucchini
3.3.3 Sirloin steak
3.3.4 Ham
3.3.5 Coffee with milk
3.3.6 Mushrooms

(6 × 1) (6)

3.4 3.4.1
- The word MENU does not appear on top.
- The type of meal, DINNER, is not stated at the top under MENU.
- The courses should appear in the order in which they are served, ending with the beverage.
- Definite spaces should separate the various courses.
- Foods served together must be grouped together.
- List the most important dish first, usually the protein.
- Vegetables may be centered or written either side of the centre under the main dish.
- The first letter of each item should be a capital letter.
- The menu must be dated at the bottom or top. (Any 6 × 1) (6)

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3.4.2

MENU✓
DINNER✓

Cream of butternut soup✓

Grilled lamb cutlets with mint sauce✓
Parsley potatoes ✓ Glazed carrots✓
Broccoli mornay✓

Berry trifle✓

Coffee✓

2020-11-19✓ (10)

Mark allocation strictly according to guideline. 2 marks for two of the following:

- Spacing
- First letter capital
- Menu centred
- Menu must be in correct sequence (2)

3.5 3.5.1

- Fresh fruit,✓ fruit juices✓
- Cereals,✓ porridge✓
- Smoked fish, kedgeree✓
- Eggs cooked in a variety of ways,✓ bacon,✓ sausages,✓ tomatoes,✓ mushrooms✓
- Toast,✓ rolls,✓ croissants✓ with preserves✓
- Coffee or tea✓ (Any 4 × 1) (4)

3.5.2

- Fruit✓ or fruit juice✓
- Rolls✓, croissants✓ with jams✓ and preserves✓
- Coffee✓ or tea✓
- Cheese✓/cold meats✓/yogurt✓/cereals✓ (Any 4 × 1) (4)

[50]

QUESTION 4

4.1 4.1.1

- The menu
- The manager of the dining room
- The head waiter taking a lead role (3)

4.1.2

- The wine list shows the alcoholic beverages that are for sale for consumption at the table.✓
- The wine complements the meal✓ and can enhance the flavours of a dish.✓
- More customers are attracted through a wine list.✓
- The aim of a licensed catering operation is to offer customers something to drink with their meal.✓
- It assists the firm financially,✓ as the profit margin from alcoholic drinks can be more than from food sales.✓
- The wine list like the menu can be seen as a tool of marketing.✓
- It can change a meal to an occasion.✓ (Any 6 × 1) (6)

4.2
- Hors d'oeuvre
- Soup
- Fish
- Entrée
- Main course
- Cheese
- Dessert (7)

4.3
- Spread the calories fairly evenly through the day.
- Provide protein twice a day.
- Fruit and vegetables should be available, 4 fresh portions a day.
- Incorporate high fibre cereals where possible, e.g. wholemeal bread and pasta, brown rice.
- Reduce fat consumption – bake or grill rather than fry and use unsaturated fats.
- Use minimum of salt in cooking.
- Let their appetite determine the energy producing food requirements. (7)

4.4
- Use small meat scraps for stock,✓ sauces,✓ soups,✓ pates,✓ creamed dishes✓ or croquettes.✓
- Use larger meat trimmings for stews.✓
- Use bones for stocks✓ and soups✓ or sauces.✓
- Use vegetable trimmings for purees,✓ soups,✓ stews,✓ stocks,✓ filling for omelettes✓ and crepes.✓
- Use day-old bread for stuffings,✓ French toast,✓ bread and butter pudding,✓ bread sauce✓or croutons.✓ (Any 5 × 2) (10)

4.5
4.5.1 Dispatch list
4.5.2 Banquet booking form
4.5.3 Function prospectus
4.5.4 Letter of quotation
(4 × 1) (4)

4.6
4.6.1 Canteen menu
- Light meals and snacks
- are served from a counter.
- Waiters encourage guests with the selections.
- The counter displays the food choices. (Any 3 × 1)

4.6.2 Room service menu
- Guests may order light meals
- to be served in their hotel room.
- Menu is provided in the guest's room.
- Orders are given over the phone
- and food is delivered to the hotel room. (Any 3 × 1)

(2 × 3) (6)

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4.7
- Efficiency and good planning.✓
- A good booking system✓ or reservation system.✓
- Copies of plans✓ and menu✓ must be sent out to all people who are involved,✓ e.g. the kitchen, cellar, maintenance and the front office.✓
- The ordered wines must be in stock✓ and at the correct temperature.✓
- The menu must be compiled within the scope✓ and possibilities of the available stock of the establishment,✓ staff✓ and equipment.✓
- The banqueting manager must discuss all the details with the various department managers,✓ before finalising the booking with the client.✓
- The food which will be prepared for a large number of people must be dressed in such a way that it can be served fairly quickly✓ and should be avoided when serving for a large number of people.✓
- Heavy garnishes should be avoided.✓
- Deep-fried foods deteriorate quickly✓ and should be avoided when serving a large number of people.✓ (Any 7 × 1) (7)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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