higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

(10070274)

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This question paper consists of 10 pages.

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE
NUTRITION AND MENU PLANNING N4
TIME: 3 HOURS
MARKS: 200

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. Start each section on a new page.
5. Use only a blue or black pen.
6. Write neatly and legibly.

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SECTION A

QUESTION 1

1.1 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 (1.1.1–1.1.20) in the ANSWER BOOK.

1.1.1 An ovo-vegetarian eats only … _____

A eggs, but no meat, poultry, fish or milk.
B animal products.
C milk products, but no meat, poultry, fish or eggs.
D eggs and milk products, but not meat and poultry.

1.1.2 The food group that supplies most of the energy to the body:

A Fruit and vegetables
B Meat or protein
C Milk group
D Cereal

1.1.3 The consumption of alcohol and pork is traditionally forbidden in this religion: _____

A Christian
B Hindu
C Muslim
D Atheist

1.1.4 … provides the most vitamin C to the body.

A Chocolate
B Avocado
C Banana
D Guava

1.1.5 Sunlight is an important source of … _____

A vitamin A.
B vitamin K.
C vitamin D.
D vitamin E.

1.1.6 A … diet is prescribed for patients with heart failure. _____

A high-fat
B low-sodium
C low-protein
D low-fat

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1.1.7 Vegetarians that will not consume any animal products:

A Lacto-ovo-vegetarians
B Ovo-vegetarians
C Lacto-vegetarians
D Vegans

1.1.8 … do NOT contribute to the energy processes of the body.

A Fats
B Minerals
C Proteins
D Carbohydrates

1.1.9 Salami is a source from the … food group.

A protein or meat
B carbohydrate or cereal
C calcium or milk
D fats and oils

1.1.10 Soya beans and parmesan cheese are sources of food rich in …

A protein.
B fats.
C calcium.
D vitamin B.

1.1.11 An abnormal reaction to the intake of one or more specific food substances is referred to as …

A vegan.
B an allergy.
C a food allergy.
D malnutrition.

1.1.12 The … food group promotes the clotting of blood of an open wound.

A fats
B calcium and milk
C fruits and vegetables
D protein and meat

1.1.13 … must be avoided entirely in a low-protein diet.

A Bread and cereals
B Canned fish and spinach
C Milk, potatoes and cream
D Meat, eggs and nuts

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1.1.14 The function of a menu specification:

A Provides a guideline for the staff
B Provides general information
C Determines the client's needs
D Indicates what is available and the price

1.1.15 The degree to which the body makes use of calcium depends on the presence of …

A vitamin D.
B vitamin C.
C potassium.
D phosphorus.

1.1.16 The aim of a menu is to sell food to clients. Which one does NOT fit?

A The menu has to fulfil clients' expectations.
B Profit needs to be taken into consideration.
C The portion size needs to be big.
D Dishes need to be a specified standard.

1.1.17 … assist(s) in the clotting of blood after an injury.

A Vitamin K
B Vitamin B
C Carbohydrates
D Iodine

1.1.18 This is the first of the courses during which meat is served:

A Relevé
B Entrée
C Removee
D Plat du jour

1.1.19 The … spells out what will be provided and the price thereof.

A function prospectus
B wedding reception booking form
C letter of quotation
D dispatch list

1.1.20 A large piece of meat that is carved in front of the guest.

A Leg of lamb
B Entrée
C Boiled ham
D Relevé

(20 × 1) (20)

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1.2 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (1.2.1–1.2.10) in the ANSWER BOOK.

1.2.1 In order to lose weight a person needs to increase their energy intake with food.

1.2.2 Reduce salt intake by buying more convenient ready-made foods.

1.2.3 Lard is solid fat melted out of firm pork by heating.

1.2.4 One function of cereal is to provide energy to the body.

1.2.5 Dark yellow fruits are a source of food rich in vitamin A.

1.2.6 A balanced diet provides the correct amount of vitamins and minerals.

1.2.7 Protein-rich food is responsible for haemoglobin synthesis in red blood cells.

1.2.8 Butter is the fat obtained by churning cream.

1.2.9 Food is any substance, liquid or solid that people take in in order to maintain life and growth.

1.2.10 A function of fructose is to provide heat and energy.

(10 × 1) (10)

1.3 Write down a word or term for each of the following descriptions next to the question number (1.3.1–1.3.10) in the ANSWER BOOK.

1.3.1 This nutrient coagulates and shrinks when heat is applied.

1.3.2 When food has been eaten, it must be broken down in the body by this process.

1.3.3 This mineral transports oxygen around the body to every cell.

1.3.4 This meal is eaten between 19:00 and 22:00.

1.3.5 This type of fat is made from hydrogenated plant fats.

1.3.6 The form that records the customer’s demands.

1.3.7 The process when moist heat causes grains to absorb water and swell.

1.3.8 The vitamin that is easily and quickly destroyed by heat.

1.3.9 The process during which food is broken down and passes through the digestive tract into the bloodstream.

1.3.10 This mineral is required to make the hormone, thyroxin.

(10 × 1) (10)

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1.4 Choose a dish from COLUMN B that matches a country in COLUMN A. Write only the letter (A–J) next to the question number (1.4.1–1.4.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.4.1	England	A	risotto
1.4.2	France	B	paella
1.4.3	Italy	C	moussaka
1.4.4	Germany	D	trifle
1.4.5	Switzerland	E	sachertorte
1.4.6	Spain	F	goulash
1.4.7	Greece	G	smorgasbord
1.4.8	Hungary	H	sushi
1.4.9	Scandinavia	I	fondue
1.4.10	Japan	j	escargot

(10 × 1) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 Vitamin C is easily and quickly destroyed.

State THREE conditions that can contribute to this. (3)

2.2 State THREE functions of each of the following:

2.2.1 Carbohydrates

2.2.2 Calcium

2.2.3 Iron

(3 × 3) (9)

2.3 Briefly discuss incomplete proteins. (3)

2.4 Name SIX sources of each of the following:

2.4.1 Animal fats

2.4.2 Plant fats and oils

(12)

2.5 Name the type and amount of fat or oil that is required per day. (2 × 1) (2)

2.6 State SIX ways in which a normal diet can be modified to be therapeutic. (6)

2.7 2.7.1 State SEVEN food combinations to keep in mind when planning a menu. (7)

2.7.2 State EIGHT mistakes in the menu below regarding the food combinations you mentioned in QUESTION 2.7.1.

DINNER
Creamed garlic mushrooms on toast
Fried steak with mushroom sauce Fried potatoes Pasta salad or Garlic bread
Waffles with cream
Coffee

(8)

[50]

QUESTION 3

3.1 The head chef requested you to compile a menu for the upcoming food and wine evening.

Explain the importance role of the following factors:

3.1.1 Customer requirements

3.1.2 Competition in the area

(2 × 4) (8)

3.2 Distinguish between the following menu types:

3.2.1 Lunch

3.2.2 Buffet

3.2.3 Brunch

3.2.4 Dinner

3.2.5 Supper

(5 × 2) (10)

3.3 Translate the following French terminology into English:

3.3.1 Saumon fume

3.3.2 Courgette

3.3.3 Entrecote

3.3.4 Jambon

3.3.5 Cafe au lait

3.3.6 Champignon

(6 × 1) (6)

3.4 There are a number of errors in the following menu.

cream of butternut soup parsley potatoes, broccoli mornay, glazed carrots grilled lamb cutlets with mint sauce Dinner Menu 19/11/2020 coffee berry trifle

3.4.1 State SIX errors with reference to the principles of the layout of a menu. (6)

3.4.2 Rewrite the menu correctly according to the principles of a menu. (12)

3.5 Name FOUR traditional options served with each breakfast below:

3.5.1 English breakfast

3.5.2 Continental breakfast

(2 × 4) (8)

[50]

QUESTION 4

4.1 The planning of a wine list is very important in the catering industry.

4.1.1 Name the role players who should be consulted in compiling the wine list. (3)

4.1.2 State SIX aims of a wine list. (6)

4.2 Name the courses in sequence for a SEVEN-course menu. (7)

4.3 State SEVEN nutritional guidelines when compiling guidelines for institutions. (7)

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4.4 State FIVE ways in which the sous chef can utilise leftovers in recipes. (5 × 2) (10)

4.5 Name the function form needed for each of the following:

4.5.1 The list of beverages to be delivered for outside catering.

4.5.2 The customer fills in this form as a written confirmation of the function.

4.5.3 It details what is to be provided.

4.5.4 It spells out what will be provided and the price thereof.

(4 × 1) (4)

4.6 State the difference between the following:

4.6.1 Canteen menu

4.6.2 Room service menu

(2 × 3) (6)

4.7 Name SEVEN factors that determine the success of a banquet. (7)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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