



Exemplar paper

TIME: 2 HOURS
MARKS: 110

INSTRUCTIONS AND INFORMATION

1. Answer ALL the questions.
2. Read ALL the questions carefully.
3. Number the answers correctly according to the numbering system used in this question paper.
4. Questions must be answered in BLUE or BLACK ink.
5. Write neatly and legibly.

SECTION A

QUESTION 1

Various options are provided as possible answers to the following questions. Choose the answer and write only the letter (A – D) next to the question number (1.1 – 1.10) in your workbook, for example 1.11 D.

- 1.1 This course includes all types of fresh fruit and nuts served in a basket or on a platter:
A. Hors d'oeuvre
B. Entrement
C. Entrée
D. Dessert (1)
- 1.2 A slice of bread covered with a mixture of cheese, ale, mustard, pepper and a dash of Worcestershire sauce and then grilled:
A. French toast
B. Welsh rarebit
C. Canapé
D. Bruschetta (1)
- 1.3 The food type which is most often done Tandoori-style:
A. Chicken
B. White fish
C. Potatoes
D. Corn on the cob (1)
- 1.4 To comfortably seat TEN people around a round table, the diameter should be at least ... metres.
A. 1,8
B. 1,6
C. 1,5
D. 1,2 (1)
- 1.5 The first food item/course to be planned when compiling a cycle menu:
A. Type of soup
B. Hors d'oeuvre
C. The relevés/ meat course
D. The starchy vegetables/starch menu items (1)
- 1.6 Should a pregnant woman experience a substantial rise in her blood-pressure, she should definitely decrease the intake of ... products.
A. dairy
B. sugar
C. salt-rich
D. high-fibre (1)
- 1.7 Caramel ...
A. is less sweet than sucrose.
B. becomes brown at 130 °C.
C. is not soluble in water.
D. crystallises easily. (1)

- 1.8 An item which should NOT appear on a continental breakfast menu:
- Variety of cold meats
 - Fresh fruit
 - Breakfast cereals
 - Sautéed mushrooms
- (1)
- 1.9 Spanish soup:
- Borscht
 - Gazpacho
 - Mulligatawny
 - Minestrone
- (1)
- 1.10 This is a type of buttercream:
- Fudge-type
 - Glacé-type
 - Meringue-type
 - Royal-type
- (1)
- [10]

QUESTION 2

2.1 Matching items:

Choose an description from Column B to match a traditional food item of the black population of Africa:

COLUMN A	ANSWER	COLUMN B
2.1.1 Millet		A. Served in calabashes
2.1.2 Yams		B. Excellent source of proteins
2.1.3 Beer		C. The edible variety usually has a rough skin
2.1.4 Mopani worms		D. Grown in Nigeria mainly
2.1.5 Gourds		E. Grass-like plant, used for making beer
2.1.6 Cassava		F. More moister than sweet potato
2.1.7 Groundnuts		G. Edible root of tropical plant
2.1.8 Okra		H. Used in stews and has a gelatinous texture
2.1.9 Sorghum		I. Marula is an example
2.1.10 Wild fruit		J. A red variety is very popular for porridge

(10)

2.2 Indicate whether the following statements are true or false. Write only 'TRUE' or 'FALSE' next to the question number (2.2.1 – 2.2.5).

- 2.2.1 During a water crisis, water can be obtained from a geyser and toilet cistern. _____
- 2.2.2 A serpentine table has been developed for multi-purpose folding tables. _____
- 2.2.3 A French butter cream is similar to the meringue-type, but the foam is made with egg whites and boiling syrup. _____
- 2.2.4 Chinese cooking is based on four flavours: sweet; sour; bitter and sharp. _____
- 2.2.5 There should be a gap of around 50 cm between the chair back and the wall to allow for a gangway. _____

(5)

2.3 Give ONE word/term for the following descriptions. Write only the word/term next to the question number (2.3.1 – 2.3.5).

2.3.1 Goose or chicken liver, cooked, sieved and well-seasoned. (1)

2.3.2 The person who announces guests into the dining area at a formal function. (1)

2.3.3 A Japanese alcoholic beverage known as ‘rice wine’. (1)

2.3.4 The course served before the soup. (1)

2.3.5 A pre-drink that stimulates the appetite. (1)

TOTAL SECTION A: [30]

SECTION B

QUESTION 3

3.1 Study the picture below and answer the questions that follow:



3.1.1 What classical sundae is illustrated in this picture? (1)

3.1.2 Why do we add egg whites to frozen ice cream? (1)

3.1.3 Name the TWO methods which we can use to add egg whites to an ice cream mixture. (2)

3.1.4 What is the Italian term for mixed, candied fruits, chopped and served with ice cream? (1)

- 3.1.5 Name any THREE factors that will have a direct influence on how long a frozen dessert will take to become completely frozen. (3)

- 3.2 What are petits fours and where on the table d'hôte menu would they be served? (3)

- 3.3 Menus for elderly people require careful planning. Discuss the major factors that have to be considered. (6)

3.4 Describe how food wastage can be controlled during the following stages in the food preparation process:

3.4.1 Purchasing/buying of food (2)

3.4.2 Preparation of food (2)

3.5 What are the functions of liquid glucose in making nougat and fondant? (2)

3.6 Name the basic icing normally used on the following dishes:

3.6.1 Napoleons (1)

3.6.2 Danish pastries (1)

3.6.3 A rich chocolate cake (1)

3.7 Name FOUR characteristics of an informal function. (4)

[30]

QUESTION 4

4.1 Read the case study below and answer the questions that follow:

Gracious is organising a function for a marriage ceremony.
The menu that she decided on includes the following items:

MENU

Pear and Roquefort salad

Roast leg of lamb with a mint sauce

Glazed ham

Young potatoes with fresh herbs

Stuffed patty pans

Spongy vegetable terrine

Caramel meringue gâteau

4.1.1 What kind of sauce can be served as an accompaniment with the ham?

(1)

4.1.2 What shape is a terrine normally?

(1)

4.2 Why are the following types of food good choices to be packed when evacuation has to take place during huge floods?

Biltong; dried fruit; cheese; canned pilchards

(3)

4.3 What are the main differences between a lunch and a dinner? (4)

4.4 Name FOUR factors that directly influence the consumer's food habits and preferences. (4)

4.5 Discuss the format of standardised recipes under the following headings:
4.5.1 Information at the top of the recipe (4)

4.5.2 Ingredients

(3)

4.5.3 Additional information as footnotes

(2)

4.6 When compiling table d' hôte menus, special attention should be given to the combination of food items. Discuss the various points to be remembered and give examples where possible. (4)

- 4.7 Give any THREE suggestions of items that may be served as a hors d'oeuvre on a three-course luncheon menu. (Roast beef is the main course.) (3)

- 4.8 Explain what is meant by the 'koshering of meat'. (2)

- 4.9 Make a complete list of everything that needs to be organised, under the following headings, when doing outside catering:

- 4.9.1 Function venue (5)

4.9.2 Crockery

(2)

4.10 Which factors should be considered when drawing up the seating plan for the function?

(6)

4.11 Name TWO traditional kinds of bread served with Indian dishes.

(2)

4.12 *A menu is a means of communication with guests.* Briefly discuss this statement.

(4)

[50]
TOTAL SECTION B: [80]



Exemplar paper memo

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SECTION A

QUESTION 1

Various options are provided as possible answers to the following questions. Choose the answer and write only the letter (A – D) next to the question number (1.1 – 1.10) in your workbook, for example 1.11 D.

- 1.1 This course includes all types of fresh fruit and nuts served in a basket or on a platter:
A. Hors d'oeuvre
B. Entrement
C. Entrée
D. **Dessert** (1)
- 1.2 A slice of bread covered with a mixture of cheese, ale, mustard, pepper and a dash of Worcestershire sauce and then grilled:
A. French toast
B. **Welsh rarebit**
C. Canapé
D. Bruschetta (1)
- 1.3 The food type which is most often done Tandoori-style:
A. **Chicken**
B. White fish
C. Potatoes
D. Corn on the cob (1)
- 1.4 To comfortably seat TEN people around a round table, the diameter should be at least ... metres.
A. **1,8**
B. 1,6
C. 1,5
D. 1,2 (1)
- 1.5 The first food item/course to be planned when compiling a cycle menu:
A. Type of soup
B. Hors d'oeuvre
C. **The relevés/ meat course**
D. The starchy vegetables/starch menu items (1)
- 1.6 Should a pregnant woman experience a substantial rise in her blood-pressure, she should definitely decrease the intake of ... products.
A. dairy
B. sugar
C. **salt-rich**
D. high-fibre (1)
- 1.7 Caramel ...
A. **is less sweet than sucrose.**
B. becomes brown at 130 °C.
C. is not soluble in water.
D. crystallises easily. (1)

- 1.8 An item which should NOT appear on a continental breakfast menu:
- A. Variety of cold meats
 - B. Fresh fruit
 - C. Breakfast cereals
 - D. **Sautéed mushrooms** (1)
- 1.9 Spanish soup:
- A. Borscht
 - B. **Gazpacho**
 - C. Mulligatawny
 - D. Minestrone (1)
- 1.10 This is a type of buttercream:
- A. Fudge-type
 - B. Glacé-type
 - C. **Meringue-type**
 - D. Royal-type (1)
- [10]

QUESTION 2

2.1 Matching items:

Choose an description from Column B to match a traditional food item of the black population of Africa:

COLUMN A	COLUMN B
2.1.1 Millet	D. Grown in Nigeria mainly
2.1.2 Yams	B. Excellent source of proteins
2.1.3 Beer	A. Served in calabashes
2.1.4 Mopani worms	A. Served in calabashes
2.1.5 Gourds	C. The edible variety usually has a rough skin
2.1.6 Cassava	C. The edible variety usually has a rough skin
2.1.7 Groundnuts	A. Served in calabashes
2.1.8 Okra	D. Grown in Nigeria mainly
2.1.9 Sorghum	B. Excellent source of proteins
2.1.10 Wild fruit	C. The edible variety usually has a rough skin

(10)

2.2 Indicate whether the following statements are true or false. Write only 'TRUE' or 'FALSE' next to the question number (2.2.1 – 2.2.5).

- 2.2.1 During a water crisis, water can be obtained from a geyser and toilet cistern. **TRUE**
- 2.2.2 A serpentine table has been developed for multi-purpose folding tables. **FALSE**
- 2.2.3 A French butter cream is similar to the meringue-type, but the foam is made with egg whites and boiling syrup. **FALSE**
- 2.2.4 Chinese cooking is based on four flavours: sweet; sour; bitter and sharp. **FALSE**
- 2.2.5 There should be a gap of around 50 cm between the chair back and the wall to allow for a gangway. **FALSE**

(5)

2.3 Give ONE word/term for the following descriptions. Write only the word/term next to the question number (2.3.1 – 2.3.5).

2.3.1 Goose or chicken liver, cooked, sieved and well-seasoned. (1)
Paté

2.3.2 The person who announces guests into the dining area at a formal function. (1)
Master of Ceremonies

2.3.3 A Japanese alcoholic beverage known as 'rice wine'. (1)
Sake

2.3.4 The course served before the soup. (1)
Hors d'oeuvres

2.3.5 A pre-drink that stimulates the appetite. (1)
Aperitif

TOTAL SECTION A: [30]

SECTION B

QUESTION 3

3.1 Study the picture below and answer the questions that follow:



- 3.1.1 What classical sundae is illustrated in this picture? (1)
Poire Belle Helene
- 3.1.2 Why do we add egg whites to frozen ice cream? (1)
Incorporating air into frozen mixture
- 3.1.3 Name the TWO methods which we can use to add egg whites to an ice cream mixture. (2)
Hot syrup is poured over the beaten egg whites.
Egg whites are beaten stiff and the granulated sugar is beaten in to form a stiff, fine-textured meringue.
- 3.1.4 What is the Italian term for mixed, candied fruits, chopped and served with ice cream? (1)
Tutti frutti
- 3.1.5 Name any THREE factors that will have a direct influence on how long a frozen dessert will take to become completely frozen. (3)
Quantity being frozen
Composition of the mixture
The temperature
- 3.2 What are petits fours and where on the table d'hôte menu would they be served? (3)
A petit four is a small bite-sized confectionery.
It is served with coffee at the end of a meal.

- 3.3 Menus for elderly people require careful planning. Discuss the major factors that have to be considered. (any 6)
- Less active; needs less energy foods.
 - Smaller protein intake because it is expensive and they cannot afford meat.
 - Their appetite diminishes, they should eat smaller meals more frequently.
 - False teeth – chewing difficult – soft food should be included.
 - Suffer from constipation; should include fibre in diet.
 - Control liking of sweet foods.
 - Intake of medicine impairs the absorption of nutrients.
- 3.4 Describe how food wastage can be controlled during the following stages in the food preparation process:
- 3.4.1 Purchasing/buying of food (2)
- Amount purchased should be based on total number of people to be served.**
Buy good quality produce so that nothing is wasted.
- 3.4.2 Preparation of food (2)
- Have good storage facilities so that prep is done under cool, hygienic conditions.**
Good instructed workers on the correct pre-preparation of foods such as vegetables to limit unnecessary wastage.
- 3.5 What are the functions of liquid glucose in making nougat and fondant? (2)
- Gives glossy appearance to nougat and keeps fondant soft and in an uncrystallised state**
- 3.6 Name the basic icing normally used on the following dishes:
- 3.6.1 Napoleons (1)
- Fondant**
- 3.6.2 Danish pastries (1)
- Flat icing**
- 3.6.3 A rich chocolate cake (1)
- Buttercream icing**
- 3.7 Name FOUR characteristics of an informal function. (any 4) (4)
- Can be held either during lunch or dinnertime
 - Organisation is not structured
 - Few or no speeches
 - Food is often served buffet-style
 - Seating is informal

[30]

QUESTION 4

4.1 Read the case study below and answer the questions that follow:

Gracious is organising a function for a marriage ceremony.
The menu that she decided on includes the following items:

MENU

Pear and Roquefort salad

Roast leg of lamb with a mint sauce

Glazed ham

Young potatoes with fresh herbs

Stuffed patty pans

Spongy vegetable terrine

Caramel meringue gâteau

4.1.1 What kind of sauce can be served as an accompaniment with the ham? (1)

Mustard sauce

4.1.2 What shape is a terrine normally? (1)

Rectangle-shape

4.2 Why are the following types of food good choices to be packed when evacuation has to take place during huge floods? (3)

Biltong; dried fruit; cheese; canned pilchards

Light and small in volume like dried fruit

Concentrated in nutrients like canned pilchards

Not too salty e.g. cheese

4.3 What are the main differences between a lunch and a dinner? (any 4) (4)

Lunch:

Lighter dishes

Fewer courses

Takes shorter time to prepare/serves more quickly

Less formal dishes

Cheaper ingredients

- 4.4 Name FOUR factors that directly influence the consumer's food habits and preferences. (4)
- Clientele is composed of individuals from different cultural, ethnic and economic background with definite food likes and dislikes
 - Type of customer
 - Religion of customer
 - Meat or non-meat preferences
- 4.5 Discuss the format of standardised recipes under the following headings: (any 4)
- 4.5.1 Information at the top of the recipe
- Head of standardised recipe includes:
- Recipe title
 - Recipe code
 - Name of foodservice unit
 - Equipment
 - Yield and portion size
 - Baking time and temperature.
- 4.5.2 Ingredients (any 3)
- Names of ingredients should be consistent.
 - Term before the name of ingredient, indicates the form as purchased or any other kind of cooking or preparation method for example canned tomatoes.
 - When descriptive term is placed after the ingredients, it indicates that processing should take place after the ingredient is weighed or measured such as garlic, chopped.
 - Also indicate in some recipes if it is AP or the EP.
- 4.5.3 Additional information as footnotes (any 2)
- What to substitute ingredients with
 - Alternate methods of preparation
 - Comments concerning the appearance of the end product
 - How to make the product less expensive
- 4.6 When compiling table d'ôte menus, special attention should be given to the combination of food items. Discuss the various points to be remembered and give examples where possible. (4)
- No repetition of commodities e.g. mushrooms.
 - Include variation of colour e.g. green broccoli and orange carrots.
 - Include variation of flavour e.g. sweet, bitter, sour.
 - Include variation of texture e.g. crispy salad and soft creamed potatoes.
 - Include different kinds of consistency foods e.g. thick sauce and thin soup.
 - Include different kinds of shape e.g. julienne and circles.
 - Include different kinds of preparation/cooking methods e.g. baking and stir frying.
- 4.7 Give any THREE suggestions of items that may be served as a hors d'oeuvre on a three-course luncheon menu. (Roast beef is the main course.) (any 3) (3)
- A soup e.g. tomato puree
 - A fish in a beer batter
 - A shellfish cocktail
 - Any example suitable for lunch as a hors d'oeuvres

- 4.8 Explain what is meant by the 'koshering of meat'. (2)
- **Maximum blood loss**
 - **Carcasses are immediately salted and soaked in water to remove the remaining blood from the meat**
- 4.9 Make a complete list of everything that needs to be organised, under the following headings, when doing outside catering:
- 4.9.1 Function venue (any 5) (5)
- **Amount of space available**
 - **Kind of cooking equipment and whether it is in working condition**
 - **Suitable lighting**
 - **Amount of freezer and fridge space**
 - **Position of the kitchen**
 - **Facilities for washing up**
 - **Furniture available**
 - **Is there access to venue prior to function**
 - **Whether equipment must be removed immediately after the function**
- 4.9.2 Crockery (2)
- **If not: crockery needed is packed and checked against a list which accompanies it for subsequent checking**
 - **Packing equipment so that it can be safely transported without causing crockery breakages**
- 4.10 Which factors should be considered when drawing up the seating plan for the function? (6)
(any 6)
- **Type of function**
 - **Service points**
 - **Entrance and exit points**
 - **Varying sizes of tables**
 - **Table cloths**
 - **Room's size and shape**
 - **Number of people to be accommodated**
- 4.11 Name TWO traditional kinds of bread served with Indian dishes. (any 2) (2)
- **Chappati**
 - **Roti**
 - **Bhakris**
- 4.12 *A menu is a means of communication with guests.* Briefly discuss this statement. (4)
- **Informs client what is available**
 - **Lets them know about the preparation styles currently in fashion**
 - **Tempts the guests to try something they might not have thought of trying**
 - **Encourages conversation about your menu and style of food**

[50]

TOTAL SECTION B: [80]

