



# Exemplar paper

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**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:
- 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           | 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)

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

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

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2.3.4 The course served before the soup. (1)

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

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**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)

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

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

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

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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)

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

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

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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)

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3.4.2 Preparation of food (2)

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

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

3.6.1 Napoleons

(1)

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3.6.2 Danish pastries

(1)

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3.6.3 A rich chocolate cake

(1)

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3.7 Name FOUR characteristics of an informal function.

(4)

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[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

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Roast leg of lamb with a mint sauce  
Glazed ham  
Young potatoes with fresh herbs  
Stuffed patty pans  
Spongy vegetable terrine

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Caramel meringue gâteau

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

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4.1.2 What shape is a terrine normally? (1)

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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)

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

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

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4.5 Discuss the format of standardised recipes under the following headings: (4)

4.5.1 Information at the top of the recipe

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4.5.2 Ingredients

(3)

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4.5.3 Additional information as footnotes

(2)

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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)

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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)

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

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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)

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4.9.2 Crockery

(2)

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

(6)

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

(2)

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

(4)

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[50]  
TOTAL SECTION B: [80]