higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 2

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This marking guideline consists of 8 pages.

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QUESTION 1

1.1 Food mixer (1)

1.2 The functions of the food mixer are mixing✓ and whisking/beating✓ ingredients together. (2)

1.3
- Turn off the food mixer.
- Remove the bowl and beater and wash with hot soapy water.
- Rinse the bowl and beater in clean warm water and allow to air-dry.
- Wipe the food mixer with detergent and a damp cloth then rinse and dry.
- Replace the bowl and the beater. (Any 3 × 1) (3)

1.4
- Wash the beetroot well to remove the soil particles.
- If the beetroot has leaves attached, cut off the leaves.
- Boil the beetroot for about 30 – 60 minutes (depending on the size) until it is tender.
- Let it cool down and remove the skin and the stalks.
- Grate/Cut the beetroot into small cubes and place in a bowl.
- Chop the onions and add it to the beetroot✓, sprinkle sugar✓ to taste.
- Pour vinegar and mix all ingredients together.
- Never add any alkaline, like bicarbonate of soda, otherwise the beetroot will turn into an ugly bluish-brown colour.

(Any 6 × 1)

Note: The steps must be written in the correct order. (6)

1.5
- Practise good personal hygiene and ensure that your chef's uniform is clean.
- Practice kitchen hygiene/Ensure that 'clean as you go' is practiced.
- Ensure work surfaces are cleaned and sanitised before and after use.
- All kitchen equipment/utensils must be cleaned thoroughly and sanitised.
- Use colour-coded chopping boards for different ingredients.
- Keep to a strict cleaning schedule.
- Store cooked and raw food separately.
- Don't add older prepared ingredients to newly prepared ingredients.
- Clearly label and date all ingredients to ensure they are used within safe time frames.
- Food should be kept in the correct storage containers and areas and at the correct temperature. (Any 3 × 1) (3)

1.6
- Colour
- Texture
- Taste (3)

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1.7
- Access the situation.
- Make sure the service staff is only moved if his life is in danger.
- If the service staff is in severe pain or unable to move, avoid moving him and call for medical assistance immediately/Call an ambulance to assist the service staff in being taken to the hospital if the injury is serious.
- If the injury is not severe, administer first aid/The first aider that is on duty can be called to assess the injury and help if necessary.
- Spilled sauce should be wiped up immediately to avoid further accidents.
- The injury must be reported to the supervisor.
- The injury must be recorded in the accident register.

(Any 3 × 1) (3)

1.8 1.8.1
- Bags must be sealed and labelled.
- Not ripped or torn or damaged by water.
- No holes or punctures in the packaging.
- No signs of pest damage.
- Check the expiry date.

(Any 3 × 1) (3)

1.8.2
- Pita breads must be frozen solid.
- Bags must be well sealed and labelled.
- Check the expiry date.

(Any 2 × 1) (2)

1.9
- To remove all the dirt and debris✓, and eliminate insecticides and pesticides✓ and to reduce bacteria✓.
- Cleaning vegetables can also help to enhance their appearance✓ and freshness✓, making them more appealing and appetising.

(Any 2 × 1) (2)

1.10
- Chopped parsley
- Chopped chives
- Caramelised onions
- Tomato sauce
- Mustard sauce
- Tomato and onion relish/Relish

(Any 2 suitable garnishes × 1) (2)
[30]

QUESTION 2

2.1 2.1.1 Italian (1)

2.1.2 The pasta is cooked so that it is still firm✓ to the bite✓. (2)

2.1.3
- Macaroni
- Penne
- Fusilli
- Farfalle

(Any ONE suitable short pasta)

Note: If the candidate answers with a long pasta (e.g. spaghetti, tagliatelle), the answer must be marked as incorrect. (1)

2.1.4
- Fill a pot with water✓ and add salt✓.
- Bring salted water to a boil.
- Add the dried pasta to the boiling salted water and stir occasionally.
- Allow the pasta to cook until al dente/Follow the package instruction for cooking until al dente.
- Strain the water.
- Refresh the pasta.

(Any 5 × 1)

Note: The steps must be written in the correct order. (5)

2.1.5
- Finely chop the peeled garlic with a knife.
- Crush the garlic with the side of the chef's knife.
- Use a garlic press/garlic crusher. (Any ONE) (1)

2.2
- These foods are high risk✓ if they are left in the temperature danger zone for more than 4 hours, which can lead to bacteria growing✓.
- They are potential contaminants that can lead to food poisoning.
- The quality of the quick-service menu items decreases over time, therefore affecting the texture, flavour and overall quality of the food.
- Customers will be dissatisfied with being served or sold low-quality products. (Any 2 × 1) (2)

2.3 2.3.1 Baking

2.3.2 Frying

2.3.3 Grilling/Broiling/Braaing

(3 × 1) (3)

2.4
- Listen carefully to the customer and ask your supervisor or head chef if it is possible to oblige to the customer's request.
- Be friendly and try as much as possible to satisfy the customer's request.
- Apologise if you can't fulfil the customer's request and offer alternatives if the request cannot be obliged.
- If possible, use alternative ingredients if you have them in stock for a special diet or allergy. (Any 2 × 1) (2)

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2.5
- Marinades
- Salad dressing
- Sauces
- Concentrated juices and syrups
- Pre-mixes
- Canned foods
- Instant soup and gravy powders

(Any 3 suitable type of regenerated items × 1) (3)

2.6 2.6.1 Slicing of cake, bread and sandwiches.

2.6.2 For skinning the fish, filleting it and for certain trimming techniques.

2.6.3
- Scoop balls of ice-cream
- Scoop biscuit dough
- Portion muffin batters
- Form even-sizes meatballs (Any ONE)

2.6.4
- Serve soups or gravies
- Portion sauce over pasta dishes (Any ONE)

2.6.5
- Spoon raw food
- Serve up cooked food (Any ONE)

(5 × 1) (5)
[25]

QUESTION 3

3.1 3.1.1
- The blade of the knife must be made of stainless steel or carbon steel.
- Choose a handle made from durable material.
- The handle should be edged and riveted into the handle/The blade should extend through the handle.
- The knife should have an easy grip and feel comfortable in one's hand.
- Ensure that the blade is sharp and capable of maintaining its edge.
- The knife should feel well-balanced in one's hand.
- The blade should be thick enough to handle various cutting or chopping tasks.
- The knife should be easy to clean and maintain, with a design that prevents food from getting trapped.

(Any 3 × 1) (3)

3.1.2
- Hand wash the chef's knife in hot soapy water.
- Never soak a chef's knife in a sink of soapy water.
- Do not place chef's knives in a dishwasher if the manufacturer has stated that it is not dishwasher safe.
- Only use chef's knives on a chopping board.
- Use chef's knives only for preparing food/Never use a chef's knife as a can opener or to cut metal objects or wood/Do not cut objects that can damage the blade.
- Ensure that you keep the chef's knife sharp at all times.
- After washing, dry the chef's knife thoroughly with a clean cloth to prevent moisture from causing corrosion.
- Store the chef's knife in its proper place e.g. protective sheath to prevent the blade from getting damaged.

(Any 3 × 1) (3)

3.1.3
- Switch off/unplug the equipment.
- Label the equipment "broken".
- Report to the supervisor.
- Remove the machine from circulation.
- Record the broken machine in the maintenance book.

(Any 2 × 1) (2)

3.1.4
- This will prevent accidents and injuries.
- The chef will get perfect cuts, precise cuts of vegetables, meat and prepared foods.
- It will make cutting quick and easy/for speed and efficiency.
- Using the correct knife helps maintain the quality of the ingredients.
- To ensure the durability and lifespan of the knife.

(Any 2 × 1) (2)

3.2
- Eggplant/Aubergine/Brinjal
- Mushrooms
- Bell peppers/Capsicum
- Asparagus
- Corn on the cob
- Tomatoes
- Baby marrow/Courgette/Zucchini (Any ONE suitable vegetable) (1)

3.3 3.3.1
- Wash vegetables and then pat dry.
- Cut/slice the vegetables into the correct shape according to the recipe.
- Season or marinate vegetables. (Any 2 × 1) (2)

3.3.2 Vegetables should be brushed with marinade or oil. (1)

3.4
- To ensure that the vegetables are clean before preparation.
- To retain their natural juices/moisture so that they do not dry out.
- To prevent the vegetables from sticking to the grill. (Any 2 × 1) (2)

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3.5 3.5.1 Paper filters are used to filter the oil in order to keep it clean and free from any food particles so that it is ready for the next use.

3.5.2 Stainless steel thermometer checks the accurate temperature of the oil in the deep-frying equipment.

(2 × 1) (2)

3.6
- This will ensure that the food is served at its correct temperature.
- This will ensure that the food does not lose its texture✓ and taste✓.

(Any 2 × 1) (2)

3.7 3.7.1 B
3.7.2 C
3.7.3 A
3.7.4 E
3.7.5 D

(5 × 1) (5)
[25]

QUESTION 4

4.1 4.1.1 A
4.1.2 B
4.1.3 D
4.1.4 D
4.1.5 C

(5 × 1) (5)

4.2
- Freezing
- Freeze-drying
- Canning
- Bottling/Pickling/Fermenting
- Drying/Dehydrating
- Candying/glazing
- Vacuum sealing

(Any 3 × 1) (3)

4.3
- Order only the quantities needed/required.
- Store fruits at the appropriate temperature to extend their shelf life and reduce spoilage.
- Ensure that the fruit is fresh and is of the best quality.
- If peeling fruit, peel the skin thinly.
- Use fruit trimmings and peels in other recipes.
- If skin is edible, leave fruit unpeeled.
- Prepare fruit close to service time or shortly before they are used to prevent any discolouration.
- Plan menus to incorporate fruits that are in season and readily available, reducing likelihood of waste due to spoilage.
- Use preservation methods to save excess fruit for later use.
- Accurately measure and portion fruit to avoid over-preparation and waste.
- Develop recipes that use whole fruits, including parts that are often discarded, such as using zest from citrus fruits.
- Conduct regular inventory checks to use fruits before they spoil and rotate stock to ensure older fruits are used first.

(Any 3 × 1) (3)

4.4 4.4.1 Root vegetable
4.4.2 Fruit vegetable/Botanical fruit
4.4.3 Tubers

(3 × 1) (3)

4.5 4.5.1
- Bright orange colour.
- The bunch is uniform in size and shape.
- Free from soil.
- Firm texture.
- Free from insect bites. (Any 2 × 1)

4.5.2
- Bright, shiny/glossy colour.
- Firm texture.
- Not wrinkled.
- Free from insect bites.
- Heavy for its size. (Any 2 × 1)

4.5.3
- Preferably washed. Free from soil.
- Uniform size and shape.
- No insect bites.
- Firm texture.
- No signs of sprouting.
- No green coloured skin. (Any 2 × 1)

(3 × 2) (6)
[20]

TOTAL: 100

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