higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 2

(11011012)

7 November 2022 (Y-paper)
13:00–15:00

This question paper consists of 8 pages.

085Q1N2207

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TIME: 2 HOURS
MARKS: 100

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. Write neatly and legibly.

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QUESTION 1

1.1 Read the scenario below and answer the questions that follow.

Ayanda and Khwezi decide to open a food stall, Nice to Meat You, at the local farmers' market. The main items on the menu will be steaks, burgers and boerewors rolls, all served with the option of potato chips.

1.1.1 Name the TWO main large pieces of equipment that they will need to set up the stall. (2)

1.1.2 Besides the burger patties and boerewors, list five other ingredients they will be required to stock. (5)

1.1.3 Suggest a vegetarian option for the above menu. (1)

1.1.4 A guest ordered steak, medium done. Describe this degree of doneness. (2)

1.1.5 Upon being served, the guest finds that the meat is dry.

What does this indicate? (2)

1.1.6 How should a waiter, handle the situation referred to in QUESTION 1.1.5 (3)

1.1.7 Ayanda is unaware that oil can be used several times before being replaced.

Explain to her how to maintain the quality of oils. (3)

1.1.8 Explain how to remove excess oil from fried foods. (2)

1.2 Choose a suitable cooking method from COLUMN B that matches a Vegetable dish in COLUMN A. Write only the letter (A–E) next to the question number (1.2.1–1.2.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.2.1	Broccoli *au gratin*	A	Deep frying
1.2.2	Pumpkin fritters	B	Grilling
1.2.3	Julienne vegetables	C	Stir-frying
1.2.4	Whole potato	D	Baking
1.2.5	Fresh green beans	E	Boiling

(5 × 1) (5)

1.3 List THREE dishes that can be made from leftover cooked rice. (3)

1.4 The chef is required to prepare a potato salad for a braai for 10 guests.

1.4.1 Name a suitable dressing for a potato salad.

1.4.2 Suggest a fresh herb that can be used to enhance the colour and taste of the potato salad.

(2 × 1) (2)

[30]

QUESTION 2

2.1 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (2.1.1–2.1.5) in the ANSWER BOOK.

2.1.1 Food handlers can report for duty with a mild cold.

2.1.2 Sores and cuts must be covered with a waterproof plaster and rubber gloves.

2.1.3 Use a sharp knife and a blue chopping board to shred leafy vegetables.

2.1.4 When liquid hand wash is out of stock, antiseptic soap can be used to wash hands.

2.1.5 Protective clothing must be clean and should be changed every second day.

(5 × 1) (5)

2.2 There is a new staff member ready for induction. As the trainee officer, state five habits that the new staff member needs to remember when handling food. (5)

2.3 Complete the following sentences by writing only the missing word or words next to the question number (2.3.1–2.3.5) in the ANSWER BOOK.

Knife blades are made of (2.3.1) … . This material is preferred as it is easier to (2.3.2) … and does not (2.3.3) … . Handles made from (2.3.4) … are best as it is more (2.3.5) … .

(5 × 1) (5)

2.4 Choose the correct term from those in brackets. Write only the answer next to the question number (2.4.1–2.4.5) in the ANSWER BOOK.

2.4.1 A (paring/vegetable) knife is used to slice soft food like tomatoes.

2.4.2 A (boning/butchers) knife is used to cut up steaks.

2.4.3 A mandolin knife has a (corrugated/scalloped) edge.

2.4.4 A (fluted/saw) edge knife is best used to slice roast meat.

2.4.5 A (bread/cooks) knife has a longer blade.

(5 × 1) (5)

2.5 Give reasons why food should be wrapped or covered before storing in the cold store? (3)

2.6 Explain the term *freezer burn*. (2)

2.7 Explain how freezer burn can be avoided? (1)

2.8 A batch of biscuits are ready to be taken out of the oven.

Describe how one would remove hot trays from the oven safely. (3)

2.9 Give the term for allowing the oven to reach the right temperature before beginning to bake the second batch of biscuits. (1)

[30]

QUESTION 3

3.1 Identify the fruit below. Write only the answer next to the question number (3.1.1–3.1.5) in the ANSWER BOOK.

3.1.1



3.1.2



3.1.3



3.1.4



3.1.5



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(5 × 1) (5)

3.2 Classify the fruit in QUESTION 3.1.1–3.1.5 by writing the answer next to the question number (3.2.1–3.2.5) in the ANSWER BOOK.. (5)

3.3 Describe how to store the prepared fruit mentioned below for later use:

3.3.1 Banana

3.3.2 Citrus fruit

(2 × 2) (4)

3.3 A trainee chef requires pointers to determine the quality and freshness of vegetables.

State FIVE points to consider. (5)

3.4 List FIVE preparation methods before cooking vegetables. (5)

3.5 Name the finishing methods for the following dishes:

3.5.1 Greek salad

3.5.2 Broccoli *au gratin*

3.5.3 Vegetable stir-fry

(3 × 1) (3)

3.6 What actions should be taken when a chopping board that has not been sanitised, is used in the kitchen? (3)

[25]

QUESTION 4

4.1 Differentiate between:

4.1.1 Closed sandwich

4.1.2 Open-faced sandwich

(2 × 1) (2)

4.2 Provide reasons for the following statements:

4.2.1 Collect equipment before starting a task. (2)

4.2.2 Thoroughly clean ovens after each service. (2)

4.2.3 Always wash hands before and after preparation of food. (1)

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4.3 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 (4.3.1–4.3.5) in the ANSWER BOOK.

4.3.1 Butter or margarine used to spread on bread should be at …

A room temperature.
B chilled.
C melted.
D frozen.

4.3.2 Sliced tomatoes are best used for …

A hot sandwiches.
B made to order sandwiches.
C pre-made sandwiches.
D toasted sandwiches.

4.3.3 An appropriate salad ingredient to add colour to smoked salmon and cream cheese sandwich is …

A onion rings.
B carrots.
C mushrooms.
D cucumber.

4.3.4 The reason for adding butter to a sandwich is to …

A add colour.
B add nutritional value.
C add moisture.
D add texture.

4.3.5 An example of a regenerated product:

A Pre-mixes
B Frozen chicken
C Fresh vegetables
D Bagels

(5 × 1) (5)

4.4 State TWO instances when pre-made sandwiches must be discarded. (2)

4.5 Sandwiches can be served in various ways.

Name ONE serving method. (1)

[15]

TOTAL: 100

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