higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 2

(11011012)

16 November 2023 (Y-paper)
13:00–15:00

This question paper consists of 8 pages.

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)
FOOD PREPARATION
NQF LEVEL 2
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. Start each section on a new page.
5. Use only a black or blue pen.
6. Write neatly and legibly.

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QUESTION 1

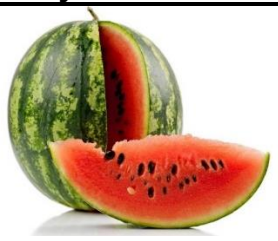
Read the recipe below and answer the questions.

Watermelon Mimosa

Skin and seed ½ a medium watermelon. Cut pink flesh into chunks and remove seeds. Blitz in a blender until smooth, then sift to remove the pulp. Combine watermelon juice, soda water and 90ml juice of 3 limes in a jug. Serve chilled with mint and raspberries. Makes 2.5L.

Source: Fresh Living- Autumn 2022

1.1 Identify the fruit from COLUMN A. Classify the fruit in COLUMN B. Write the answer next to the question number (1.1.1–1.1.4) in the ANSWER BOOK.

COLUMN A Identify the fruit	COLUMN B Classify the fruit
1.1.1 	1.1.2
1.1.3 	1.1.4

(4 × 1) (4)

1.2 List TWO quality points you would look for when purchasing:

1.2.1 Fruit 1.1.1

1.2.2 Fruit 1.1.3

(2 × 2) (4)

1.3 While preparing the Mimosa the following situations occurred. How would you react to each situation?

1.3.1 You get a minor cut while skinning the fruit.

1.3.2 You notice mould on the fruit you have purchased.

1.3.3 The blender is not functional.

(3 × 3) (9)

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1.4 Explain the following recipe terms:

1.4.1 Skin (2)

1.4.2 Seed (1)

1.5 Choose the correct word(s) from those given in brackets. Write only the word(s) next to the question number (1.5.1–1.5.5) in the ANSWER BOOK.

1.5.1 Hot food should be held at a temperature above (65 °C/85 °C).

1.5.2 (All/Most) fruit can be refrigerated to prolong its shelf life.

1.5.3 (Cabbage/Broccoli) belong to the flower head family.

1.5.4 Hard-boiled eggs are (skinned/shelled).

1.5.5 A Caesar salad is (dressed/garnished) just before serving.

(5 × 1) (5)

[25]

QUESTION 2

Read the scenario below and answer the questions.

After health inspectors discovered an infestation of cockroaches and pigeons in its storeroom, a local bakery has been ordered to close. Pigeons were found wandering through the storeroom and cockroaches among products and supplies at the establishment.

2.1 Why is it important for a storeroom to be cleaned regularly? (3)

2.2 How often should the following be cleaned in a storeroom?

2.2.1 Floors

2.2.2 Shelves

2.2.3 Walls

(3 × 1) (3)

2.3 What is the correct procedure to follow when a pest infestation is identified in the kitchen? (3 × 1) (3)

2.4 State the implications if baked products are sold from this bakery before the problem is solved. (3)

2.5 Name THREE types of bread that can be used for cold sandwiches and subs. (3)

2.6 Name the tool used to complete the preparation method of the sandwich.

2.6.1 Spreading

2.6.2 Mixing

2.6.3 Slicing

2.6.4 Mashing

2.6.5 Grating

(5 × 1) (5)
[20]

QUESTION 3

Read the recipe below and answer the questions:

Mediterranean Chickpea Salad

Prep time: 15 minutes
Servings: 8

2 cans chickpeas drained and rinsed
1 cucumber, chopped into bite-size pieces
½ red onion, finely diced
2 cups yellow and orange bell peppers, diced
½ cup kalamata olives, sliced in half
½ cup feta cheese, crumbled
1 avocado, chopped
¼ cup fresh herbs(basil, mint)
Salt and pepper to taste

Salad dressing

¼ cup olive oil
¼ cup lemon juice
½ tsp Dijon mustard
1 clove garlic crushed
½ tsp salt
¼ tsp black pepper

Salad dressing

1. In a small jar combine the salad dressing ingredients. Seal tightly and shake well.

Chickpea salad

1. Place all ingredients in a large bowl.
2. Drizzle dressing over. Toss until all ingredients are coated. Adjust seasoning and enjoy.

Tip
Salads can be made a day in advance.

Source: Clean and delicious.com

3.1 Classify the vegetable in the given recipe:

3.1.1 Chickpeas

3.1.2 Cucumber

3.1.3 Onions

(3 × 1) (3)

3.2 Identify the equipment used in the preparation of the salad. Identify the equipment and write only the question number (3.2.1–3.2.5) in the ANSWER BOOK.

3.2.1



3.2.2



3.2.3



3.2.4



3.2.5



(5 × 1) (5)

3.3 How would you take care of the equipment in QUESTION (3.2.1–3.2.5)? (3)

3.4 What colour chopping board is used for the following tasks?

3.4.1 Vegetable preparation

3.4.2 Cheese preparation

(2 × 1) (2)

3.5 Where can the salad be stored after preparation a day in advance? (1)

3.6 Quality points to look for purchasing the vegetables below:

3.6.1 Avocado

3.6.2 Cucumber

3.6.3 Onions

(3 × 1) (3)

3.7 Olives are sold in glass bottles. What quality points would you look for when purchasing bottle items? (2 × 2) (4)

3.8 The peppers are diced. Give the French term for this cut of vegetables. (1)

3.9 How else can the cucumber be prepared to add interest to the salad? (1)

3.10 Explain the effect of not adhering to time and temperature when cooking starch. (3 × 1) (3)

3.11 Some factors influence the keeping quality of starch. Write down how to correctly store the following:

3.11.1 Potatoes (2 × 1) (2)

3.11.2 Dry starch products such as rice and pasta

(2 × 1) (2)

[30]

QUESTION 4

4.1 Pies, chips, and gravy are on the takeaway menu. The new trainee chef chipped potatoes and it turned to a brown colour. How could this be prevented? (1)

4.2 Chips need to be blanched for quick service. Explain to the trainee chef how to blanch potato chips. (2)

4.3 Pies are baked in a preheated oven. Give TWO reasons for preheating the oven. (2)

4.4 Give the term that allows the oven to reach its required temperature before baking a second batch of pies. (1)

4.5 Suggest ways on how the pie, chips and gravy can be packaged for take-away. (2)

4.6 Pies are baked and displayed. Explain why time and temperature should be adhered to when food is displayed. (2)

4.7 What would happen if the frozen pies were baked at an incorrect temperature? (2)

4.8 List THREE varieties of pies that could be on the takeaway menu. (3)

4.9 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (4.9.1–4.9.5) in the ANSWER BOOK.

4.9.1 Broiling is suitable for food that requires a long cooking time.

4.9.2 Reheated food can be cooled, labelled and re-frozen in clear containers for service.

4.9.3 A moderate oven temperature is 190 °C.

4.9.4 To sauté food is to cook food in a small amount of oil in a wok.

4.9.5 Most foods are deep-fried at 180 °C.

(5 × 1) (5)

4.10 Tender cuts of meat are best suited for grilling. List THREE such types of meat. (3 × 1) (3)

4.11 Write down TWO safety measures when grilling food. (2)

[25]

TOTAL: 100

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