higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 4

7 November 2022

This marking guideline consists of 8 pages.

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QUESTION 1

1.1
1.1.1 D
1.1.2 C
1.1.3 A
1.1.4 B
1.1.5 D

(5 × 1) (5)

1.2
- It will affect the quality of sauces and the taste will be compromised.
- Customers will complain.
- Poor quality/cloudy sauces cannot be served to customers.
- It will have to be discarded as the texture will be unpleasant.
- It will result in a decrease in profits
- It can create a food safety problem which may affect the health of the customers (6)

1.3
1.3.1
- Discard and prepare another one.
- Stir continuously. (2)

1.3.2 Cooked for too long on high temperature/ sauce left unattended for too long (1)

1.4

	SAUCES	STOCKS
INGREDIENTS	1.4.1 • Liquid(any applicable) • Seasonings • Thickening agents (3)	1.4.2 • Liquid/water/wine • Vegetables(mirepoix) • Bones/meat • Seasoning/bouquet garni (4)
COOKING METHODS	1.4.3 • Simmering • Sautéing (2)	1.4.4 Simmering/Boiling (1)

(10)

1.5
- Roux: Us a thickening✓ agent made of equal quantities✓ of melted butter and flour✓ or a cooked✓ mixture of equal quantities✓ of flour and fat.✓
- Gravy: Is a sauce made from meat juices✓ that run naturally during cooking✓ and it is thickened✓ with flour. (3 + 3) (6)

1.6
- Accidents will be minimised.
- Fewer cases of cross contamination.
- Less time will be wasted.
- It leads to increased productivity in the kitchen.
- The kitchen will flow smoothly.
- Less pressure on chefs/workers.
- It will instil confidence as staff will know they are doing the right thing at the right time.
- Fewer mistakes will occur. (5)

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- It reduces stress and panic.
- It improves thinking skills and creativity. (Any 5 × 1)

1.7
- It can be used as decoration and accompaniment.
- It can be used as an ingredient in the recipe.
- It can be used as a basis for blancmange when mixed with gelatine.
- Whipped cream as a layer for trifle.
- It can be combined with sugar, milk and rice to make rice pudding. (5)

[40]

QUESTION 2

2.1
- If the meat is not thoroughly cooked to kill the bacteria.
- If it is not re-heated at a fairly high temperature.
- If the cooking process is interrupted. (3)

2.2 2.2.1 Mousse (1)

2.2.2 Gelatine (1)

2.2.3
- Cream
- Eggs/egg whites (2)

2.2.4
- Starters
- Dessert (2)

2.2.5 Mould(or any applicable answer) (1)

2.3 2.3.1
- Store in a well-ventilated area.
- Peeled and sliced onions can be refrigerated for 7 to 10 days.
- Store in a cool, dry, dark area. (Any 2 × 1) (2)

2.3.2
- If the quantity and weight agree with the delivery invoice.
- If the chicken shows no signs of thawing.
- If the chicken smells fresh and has a good colour.
- If the quantity received matches the quantity ordered.
- If all the ingredients are within the 'use by' or 'best before date'.
- If the quantities of the items received is acceptable.
- If the information on the labels matches the content.
- If the vegetables are free from defects.
- If the packaging material is not damaged.
- If the accompanying documents are completed and calculated correctly.
- If the temperature of the ingredients is correct. (Any 8 × 1) (8)

2.3.3
- Dry storage
- Freezer
- Refrigerator/Walk-in fridge/Cold room/Chiller (3)

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2.3.4

DEPARTMENT REQUESTING/ REQUESTED BY: ✓	ISSUED BY:✓	DATE:✓	RECEIVED BY: ✓
INGREDIENT✓	**AMOUNT✓**	**INGREDIENT**	**AMOUNT**
Groceries✓		Fruits & vegetables✓	
Dairy, cold storage✓		Meat, fish & poultry✓	

(10)

2.3.5
- To prevent food from absorbing the smell and flavour of other foods.
- It becomes easy to issue stock / Saves time
- The process of stocktaking becomes easy.
- To prevent cross contamination. (Any 3 × 1) (3)

2.3.6
- Customers may complain when an incomplete menu list is given.
- Other areas may be kept waiting.
- Recipes may need to be adapted which may place additional demands on staff.
- The business may lose credibility.
- It can result in a loss in profit.
- To prevent shortages / running out of stock during service

(Any 4 × 1) (4)

[40]

QUESTION 3

3.1 3.1.1
- No evidence of pin feathers.
- Clean and has a fresh smell.
- Free from broken skin.
- Free from dark patches or bruises.
- No signs of broken bones.
- The flesh must be firm and tender. (6)

3.1.2
- To retain meat juices.
- To keep the chicken in a compact shape.
- For the chicken to cook evenly.
- For easy carving.
- The meat looks much prettier/more attractive. (5)

3.1.3
- To add moisture.
- To add flavour/texture
- To make the meat stretch/go further / adding substance to the dish (3)

3.1.4
- Insert the thermometer in the thickest part of the meat and take the reading.
- Ensure that the tip of the thermometer does not touch the bone.
- The reading should be 82 °C. (3)

3.1.5
- To allow the meat/bird/protein to relax.
- Juices will be redistributed and reabsorbed equally throughout the bird.
- It will be easy to carve the bird.
- To retain moisture/to make the meat juicier. (Any 3 × 1) (3)

3.1.6
- Apologise to the customers.
- Never serve the chicken to the clients.
- Discard the chicken.
- Prepare another roast.
- Analyse what happened to ensure that it does not happen again.
- Keep an eye on the roast throughout the cooking process.
- Adjust the cooking temperature. (Any 5 × 1) (5)

3.2 3.2.1 7th day Adventists forbid red meat because they regard the body as a temple of God. (1)

3.2.2 The majority of Hindus are lacto-vegetarians. (1)

3.2.3 Orthodox Jews
- Have two separate kitchens for meat and dairy.
- Meat and dairy cannot be eaten together.
- A period of time is observed between meat and dairy meals.
- Beef can be eaten but not pork.
- Food is never cooked on the Sabbath.
- Birds of prey are forbidden.
- Only fish with scales and fins are permitted.
- Meat should be soaked in salt water to drain all the blood.
- They are allowed to eat the flesh of ruminant animals.
- Kosher laws govern the way in which animals are slaughtered.

(Any 5 × 1) (5)

3.2.4 Muslims
- Are guided by Halal laws.
- They may eat Kosher food if Halal food is not available.
- Pork and alcohol products are prohibited.
- No eating or drinking from dawn to sunset during Ramadan month.
- The end of the fast is celebrated with special foods.
- Dietary laws are contained in the Qur'an. (Any 2 × 1) (2)

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3.2.5 Orthodox Catholics do not eat meat during the season of Lent/they do not eat meat on Ash Wednesday, and Good Friday (1)

3.3 3.3.1 Cleaning schedule/Cleaning rota/duty llist
3.3.2 Occupational Health & Safety Act
3.3.3 Marbling
3.3.4 Veal
3.3.5 Mutton

(5 × 1) (5)
[40]

QUESTION 4

4.1 4.1.1 Older
4.1.2 Orange hazelnut
4.1.3 Terrines
4.1.4 Royales
4.1.5 Cooked

(5 × 1) (5)

4.2 4.2.1
- To minimise waste.
- To rotate stock accordingly.
- To identify which vegetables have been frozen. (Any 2 × 1) (2)

4.2.2
- To prevent overcooking vegetables.
- To prevent discolouration.
- To protect the nutritive value of vegetables.
- To prevent the taste from deteriorating. (4)

4.2.3
- To allow vegetables to freeze quickly.
- To prevent them from sticking together. (2)

4.2.4 To stop browning / prevent oxidation (1)

4.3
- Draw up a cleaning schedule that should be followed when cleaning preparation areas and equipment.
- Thoroughly clean work surfaces to remove food particles.
- Utensils should be washed before and after use.
- Equipment that comes into direct contact with the food must be taken apart and cleaned according to the manufacturer's instruction.
- Waste must be disposed of correctly.
- Colour-coded chopping boards must be used for cutting vegetables.
- All boxes of vegetables that may provide hiding places for pests should be discarded.
- Wash vegetables before use to prevent the spread of toxic substances.
- Ensure that food handlers maintain a high standard of personal hygiene.

(Any applicable 7 × 1) (7)

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4.4 4.4.1 Bulb
4.4.2 Fruit
(2 × 1) (2)

4.5
- It should have juicy flesh.
- It should be covered with a dry papery skin.
- It must be free from shoots/sprouting.
- It must be clean and in good shape.
- It must be free from black fungus and moulds.
- It must be free from cuts and blemishes.
- It must be free from unpleasant smells. (Any 5 × 1) (5)

4.6 Shallow frying (1)

4.7
- Washing
- Slicing
- Peeling/skinning (3)

4.8 Rubbing✓ the lemon against the serrated edge of grating equipment✓ to produce small pieces/fine shreds.✓

OR

Shredding✓ the lemon into fine strands✓ using grating equipment.✓ (3)

4.9
- Wipe off the crumbs.
- Wash with hot water and detergent.
- Sanitise the area.
- Rinse with clean hot water.
- Dry with a dry cloth or allow to air dry. (5)

[40]

QUESTION 5

5.1
- Never soak vegetables in water.
- Prepare vegetables shortly before they are needed.
- Never bruise vegetables.
- Avoid using blunt knives/use sharp knives to cut vegetables.
- Peel them only when it is necessary to do so.
- Cut vegetables uniformly. (6)

5.2
- To improve their appearance.
- To meet a specific requirement of a dish.
- The cooking process takes place quickly.
- To release their flavours. (4)

5.3
- Time of day
- Type of function
- Taste and textures used in the menu
- Customers' Likes and dislikes
- Customers' dietary requirements
- Number of courses that have been served
- Availability of ingredients
- Season – summer of winter
- Colours and ingredients that have been used in the menu. (Any 6 × 1) (6)

5.4
- Eggs
- Sugar
- Salt / seasoning
- Vanilla / vanilla essence
- Milk / cream
- Nutmeg / cinnamon

(Any 5 × 1) (5)

5.1 5.5.1 Cooking containers are placed in a large baking container✓ half full of water to be cooked in the oven.✓

5.5.2
- To cook the custard gently without it being burnt.
- To prevent curdling.

(2 × 2) (4)

5.6
- Scald the milk over low heat.
- Beat eggs and sugar together.
- Slowly add the scalded milk.
- Stir the mixture over a double boiler until it coats the back of the spoon.
- Allow the mixture to cool down.
- Add vanilla and stir. (6)

5.7 5.7.1
- Remove from the heat as soon as it coats the back of the spoon.
- Cook on a low heat/use a double boiler.
- Salt it lightly and stabilise it with starch.
- Place the double boiler in cold water and whisk.
- Remove it from the saucepan as soon as possible to prevent further cooking.
- Make another batch if curdling cannot be reversed. (Any 5 ×1) (5)

5.7.2
- Purchase quality ingredients.
- Return the ingredients and ask for replacements.
- Report to the relevant staff.
- Substitute an item for a similar product. (4)

[40]

TOTAL: 200

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