higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 2

XX February 2020

This marking guideline consists of 7 pages.

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QUESTION 1

1.1
- Preheat the grill.
- Brush the meat with a little oil.
- Sear the meat on both sides and lower the heat while the meat is cooking.
- Turn the meat to prevent it from overcooking.
- Serve with the sauce. (5)

1.2
- The type of food
- The thickness and size of the food
- The physical properties of the food
- The degree of cooking
- The distance of the food from the heat source
- The initial temperature of the food
- The degree of being done (Any 3 × 1) (3)

1.3
- Clean all work surfaces, utensils and chopping boards between different jobs.
- Use colour-coded chopping boards.
- Wash and sanitise chopping boards and utensils in between the preparation of raw and cooked foods.
- Store food products for quick service in separate bowls.
- Ensure that all containers and bowls are properly wrapped and placed in certain areas in the fridge. (5)

1.4
- Listen to the customer without interrupting.
- Acknowledge the complaint.
- Apologise.
- Offer a replacement or an alternative dish.
- Report to the supervisor. (5)

1.5
- To prevent bacteria from multiplying
- To prevent pest infestation
- To avoid unpleasant odours (3)

1.6
1.6.1 C
1.6.2 A
1.6.3 D
1.6.4 A
1.6.5 B
1.6.6 D
1.6.7 B
1.6.8 A
1.6.9 C

(9 × 1) (9)
[30]

QUESTION 2

2.1
- The knife can slip as you have less control.
- More pressure has to be applied and this may cause serious accidents.
- Preparation time will be prolonged.
- It will be difficult to achieve precise cuts.
- Food that is not properly cut may be discarded.
- There will be delays in getting food to customers on time. (6)

2.2 2.2.1 Turning knife/shaping knife
2.2.2 Meat cleaver/chopper
(2 × 1) (2)

2.3
- Switch off the machine.
- Dismantle the equipment.
- Wash the parts.
- Wipe the machine clean.
- Reassemble the machine.
- Test the machine.
- Switch off the machine. (7)

2.4
- Dried fruit
- Frozen fruit
- Freeze-dried fruit
- Candied or glazed fruit
- Fruits preserved in syrup
- Canned/bottled fruit
- Fresh processed fruit (Any 5 × 1) (5)

2.5 2.5.1
- Boiling
- Steaming
- Poaching
- Baking (Any 1 × 1) (1)

2.5.2 Stewing (1)

2.6
- Send it back to the supplier or ask for a replacement.
- Purèe the fruit.
- Use alternative types of fruit/substitute the fruit. (3)

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2.7
- Buy only the necessary amount needed to prevent a long storage period which could result in spoilage.
- Peel fruits thinly/serve fruit with its skin if possible.
- Ensure that organisational requirements are applied during portioning.
- Ensure that organisational requirements are applied when keeping items aside before service.
- Fruits that cannot be used immediately can be dried, canned or frozen.
- Thorough knowledge of the recipe and application of the correct cooking methods ensure that prepared items are successful. (Any 5 × 1) (5)

[30]

QUESTION 3

3.1
3.1.1 Eggplant
3.1.2 Jardinière
3.1.3 Brunoise
3.1.4 Baked
3.1.5 Cabbage
3.1.6 Potatoes
3.1.7 Zucchini
3.1.8 Spanakopita
3.1.9 Grilling
3.1.10 Bursting

(10 × 1) (10)

3.2
3.2.1 Flower heads
3.2.2 Fruit/squashes
3.2.3 Fruit
3.2.4 Bulbs
3.2.5 Pods and seeds

(5 × 1) (5)

3.3
- Do not soak vegetables in water after peeling except potatoes.
- Do not prepare vegetables until you need them.
- Use a sharp knife when cutting vegetables.
- Peel vegetables thinly.
- Use peels and clean skins of vegetables as a snack or in a stock pot. (5)

NOTE: Students should strictly discuss the preservation of nutrients during preparation and not during cooking, serving or storage.

3.4
- Wash well.
- Boil until tender.
- Cool and remove the stalks.
- If acid should be added add towards the end of the cooking time.
- Avoid adding bicarbonate of soda.
- Wash beetroot tops and prepare them as spinach. (Any 5 × 1) (5)

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3.5
- Peppers
- Potatoes
- Onions
- Mushrooms
- Squashes (5)

[30]

QUESTION 4

4.1
- To eliminate the risk of cross-contamination.
- Food debris provides favourable conditions for bacteria to grow.
- Food scraps attract pests.
- Stale or leftover food can be accidentally mixed with fresh food.
- A clean working environment encourages cleanliness among workers
- It is a requirement of the OHSA. (6)

4.2
- Clear the shelves.
- Use a dry cloth or brush to remove dust and food particles.
- Wash with hot water and detergent using a cloth to wipe down inside and outside.
- Rinse with clean water and a wet cloth.
- Allow the shelves to air dry.
- Neatly replace the contents. (6)

4.3
- Metal
- Wall tiles
- Floor tiles
- Vinyl
- Painted areas
- Laminated areas
- Glass (Any 3 × 1) (3)

4.4
- To prevent cross contamination
- To prevent the fresh ingredients from spoiling sooner than they should
- To reduce the risk of food poisoning (3)

4.5
- The day, date and time of preparation
- The price
- The contents including butter/margarine and type of bread (Any 2 × 1) (2)

4.6 4.6.1 False
4.6.2 False
4.6.3 True
4.6.4 False
4.6.5 True
4.6.6 True
4.6.7 False
4.6.8 True
4.6.9 False
4.6.10 True

(10 × 1) (10)
[30]

QUESTION 5

5.1
- It develops a mushy texture.
- Vitamins and minerals are destroyed.
- Overcooked flours in sauces lose their thickness. (3)

5.2
- Chips
- Sautéed potatoes
- Roast potatoes
- Mashed potatoes
- Baked potatoes (Any 4 × 1) (4)

5.3 5.3.1 220 °C
5.3.2 100 °C
5.3.3 180 °C

(3 × 1) (3)

5.4
- Melted chocolate
- Chocolate curls
- Chocolate leaves
- Grated chocolate
- Whipped cream
- Butter icing
- Crystallised edible flowers
- Cinnamon sugar
- Icing sugar or cocoa (Any 4 × 1) (4)

5.5
- It improves the appearance of food.
- It helps the food not to absorb too much oil.
- It improves the texture of food.
- It helps food no to break up when handled during cooking.
- It prevents food from burning. (5)

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5.6
- Use another fryer with clean oil.
- Filter the oil.
- Inform the supervisor. (3)

5.7 5.7.1
- Blanch the vegetables.
- Wrap the vegetables tightly in portions to expel air from the packaging.
- Label and date the vegetables.
- No thawing is required when these vegetables are boiled or steamed.
- Salad vegetables such as celery, lettuce or spring onions should not be frozen as they do not retain their crispness when thawed. (5)

5.7.2
- Store food away from walls and off the floor on shelves.
- Store heavy items on lower shelves.
- Shelves should be stacked so that there is no danger of items falling off.
- Goods should be inspected for leaks, damage, contamination, rust and expiry dates. (Any 3 × 1) (3)

[30]

TOTAL: 150

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