higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 2

(11011012)

1 March 2018 (X-Paper)
09:00–11:00

This question paper consists of 11 pages.

NCV

TIME: 2 HOURS
MARKS: 150

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.

NCV

QUESTION 1

1.1 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 (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 Fruit compote refers to ...

A boiled fruits.
B stewed fruits.
C fried fruits.
D baked fruits.

1.1.2 Deep-fried fruits should be sprinkled with ... before coating with batter.

A brown sugar
B yellow sugar
C icing sugar
D castor sugar

1.1.3 The removal of bad areas on fruits is ...

A trimming.
B peeling.
C skinning.
D cutting.

1.1.4 ... refers to cutting fruits in circular shapes.

A Slicing
B Chopping
C Skinning
D Dicing

1.1.5 This fruit should not be refrigerated as it loses flavour and rapidly turns black.

A Apple
B Strawberry
C Raspberry
D Banana

1.1.6 … should be avoided in pre-made sandwiches.

A Lettuce
B Tomato
C Onion
D Beetroot

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1.1.7 The type of bread that has a crescent shape:

A Croissants
B Bagel
C Baguettes
D Pita

1.1.8 Pre-made sandwiches must be thrown away after ... hours.

A two
B three
C four
D six

1.1.9 ... can be used instead of butter as some people prefer not to have buttered bread.

A Cheese
B Mayonnaise
C Fish
D Salami

1.1.10 The preparation of cold sandwiches should take place within ... minutes and finished products returned to refrigeration.

A 30
B 40
C 90
D 120

(10 × 1) (10)

1.2 Categorise the fruits in the list below by copying and completing the following table in the ANSWER BOOK.

apples; blackberries; peaches; grapefruit; pears; cherries

STONE FRUITS	HARD FRUITS	SOFT FRUITS	CITRUS FRUITS
1.2.1	1.2.3	1.2.5	1.2.6
1.2.2	1.2.4		

(6 × 1) (6)

1.3 You are requested to prepare fruit salads for breakfast, when you collect fruits to be used, you find that most fruits are damaged.

Explain how you will solve this problem. (4)

1.4 Name THREE factors to be considered when selecting sandwich fillings. (3)

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1.5 State TWO functions of butter or margarine spread on bread. (2)

1.6 Create a list of guidelines to be followed when preparing hot sandwiches and rolls. (3)

1.7 Suggest TWO preparations that can be done after lunchtime to be ready for the next day. (2)
[30]

QUESTION 2

2.1 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'true' or 'false' next to the question number (2.1.1–2.1.10) in the ANSWER BOOK.

2.1.1 Food preparation and storage areas must be cleaned in accordance with the principles and practices of food hygiene.

2.1.2 Work surfaces should be washed with detergent and water at a temperature of 1 to 3 ºC.

2.1.3 Ensure that there is adequate storage facilities and space for the food to be portioned and packed when preparing food for quick service.

2.1.4 An example of pre-prepared and convenience food is frozen raw meat.

2.1.5 An example of a filling that can be pre-prepared is chicken mayonnaise.

2.1.6 Fillings for hot dishes must be held at 30 ºC.

2.1.7 Cold fillings should be held at 50 ºC or above.

2.1.8 Keep fresh items refrigerated below 10 ºC after preparation if there is a delay before cooking or serving.

2.1.9 Hamburgers, hot dogs and pizzas not for immediate consumption must be kept covered and held at the correct food-holding temperature.

2.1.10 Raw and cooked foods should be kept together at all stages.
(10 × 1) (10)

2.2 When accepting goods that are of high quality it is important to check that the best-before date has not expired.

State THREE things that one should bear in mind when accepting frozen foods. (3)

2.3 Name each of the following items used in the preparation of quick service:

2.3.1 

2.3.2 

2.3.3 

2.3.4 

2.3.5 

(5 × 1) (5)

2.4 Name ONE cooking method suitable for each of the following quick service products:

2.4.1 Portuguese roll

2.4.2 Battered fish

2.4.3 Sausage

2.4.4 Toasted sandwich

2.4.5 French loaf

(5 × 1) (5)

2.5 Give the oven temperatures of the following baked products by writing only the answer next to the question number (2.5.1–2.5.3) in the ANSWER BOOK.

BAKED PRODUCT	OVEN TEMPERATURE
Meringue	2.5.1
Fruitcake	2.5.2
Biscuits	2.5.3

(3 × 1) (3)

2.6 Explain the following criteria regarding the presentation of baked products:

2.6.1 Texture

2.6.2 Height

2.6.3 Garnish

2.6.4 Temperature

(4 × 1) (4)

[30]

QUESTION 3

3.1 When you work with vegetables you must remember to use good hygiene practices.

State FIVE guidelines to be followed to ensure good hygiene principles relevant to vegetable preparation and storage. (5)

3.2 Name the vegetable below. (1)

3.3 Classify the vegetable below. (1)



3.4 State FOUR quality points you will look for when buying the above vegetable. (4)

3.5 Name THREE cooking methods that can be used to cook the above vegetable. (3)

3.6 Choose FIVE flavourings/accompaniments suitable for the above vegetable from the list given below.

dill; lemon; nutmeg; basil; vinegar; mustard seeds; butter; parmesan cheese; cheddar cheese; cheddar cheese sauce; oregano; mint

(5)

3.7 Explain step-by-step, how you would successfully boil broccoli. (5 × 1) (5)

3.8 Your colleague fell and injured her back while moving boxes of vegetables to the storage area.

Explain how you will deal with the situation. (5)

3.9 State ONE way in which you can avoid vitamins from being destroyed by heat during cooking. (1)

[30]

QUESTION 4

4.1 The correct proportion of liquid to cereal will achieve the required consistency.

Compare the proportions of water to cereal by completing the table below. Write only the answer next to the question number (4.1.1–4.1.4) in the ANSWER BOOK.

TYPE OF CEREAL	VOLUMETRIC PROPORTION OF WATER TO CEREAL
Mealie rice	4.1.1
Rice	4.1.2
Mealie-meal	4.1.3
Oats	4.1.4

(4 × 1) (4)

4.2 Write FOUR changes that take place when starch is cooked. (4)

4.3 Starchy foods provide our bodies with carbohydrates and give us energy.

List FIVE sources of starch in our diet. (5)

4.4 Describe THREE contamination threats when preparing and cooking starch dishes. (3)

4.5 How will you use the following equipment when frying food?

4.5.1 A spider

4.5.2 A fine mesh skimmer

4.5.3 Racks and trays

4.5.4 Storage containers

4.5.5 Thermometer

(5 × 1) (5)

4.6 Name TWO types of oils other than vegetable shortening and sunflower cooking oil. (2)

4.7 Design a step-by-step guide on how to clean a griller. (5)

4.8 Give TWO reasons for garnishing food. (2)

[30]

QUESTION 5

5.1 It is best to use the two-bucket method when cleaning work surfaces and walls that are tiled, painted or made of metal, glass or vinyl.

Rearrange the following steps to be followed when using the two-bucket method of cleaning. Rewrite the steps in the correct order in the ANSWER BOOK.

1. Use a clean cloth in each bucket.
2. Dip a clean cloth into the red bucket and clean the surface or wall.
3. Gather two different coloured buckets, e.g. red and blue.
4. Fill the blue bucket with hot water.
5. Allow the liquid to stand on the surface for 5 minutes to give the disinfectant time to work.
6. Fill the red bucket with multipurpose cleaner and warm water.
7. Rinse the cloth and sponge and dry the surface.
8. Using a clean cloth from the blue bucket, wipe and rinse the surface.

(8 × 1) (8)

5.2 Give TWO reasons why food-handling areas should be kept clean. (2)

5.3 Explain TWO different ways in which you would remove stains from the cutting blade of a knife. (2)

5.4 Explain why knives should not be soaked in water. (3)

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5.5 Choose a description from COLUMN B that matches an item in COLUMN A. Write only the letter (A–J) next to the question number (5.5.1–5.5.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
5.5.1	Abrasive cleaner	A	for chopping, slicing, trimming and dicing most vegetables and meat
5.5.2	Acidic cleaner	B	apply fillings, icings, finishing baked products
5.5.3	Alkaline detergents	C	for tougher cuts and joints of meat
5.5.4	Disinfectants	D	decorating oranges, lemons, carrots and courgettes
5.5.5	Sanitisers	E	can be used to remove baked-on foods and stubborn stains
5.5.6	Meat cleaver	F	reduce bacteria to a lower acceptable level
5.5.7	Palette knife	G	used for fine work such as segmenting oranges, removing eyes from potatoes, trimming, peeling foods or turning vegetables
5.5.8	Paring knife	H	kill specific types of bacteria and are usually perfumed
5.5.9	Canelle cutter	I	can remove tarnish on metals and are often used to remove scale from hot water urns and dishwashers
5.5.10	Cook's knife	J	remove dirt and grease and hold in suspension in water which aids effective rinsing

(10 x 1) (10)

5.6 Compile a list of instructions one should follow when cleaning knives. The instructions should be written in the correct order. (5)

[30]

TOTAL: 150

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