higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 2

(11011012)

2 March 2020 (Y-paper)
13:00–16:00

This question paper consists of 8 pages.

153Q1S2002

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TIME: 3 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. Use only a blue or black pen.
5. Write neatly and legibly.

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QUESTION 1

1.1 Briefly state a step-by-step method of grilling rump steak. (5)

1.2 State THREE factors that will determine how long food should be grilled. (3)

1.3 Explain how cross contamination can be prevented when preparing food for quick service. (5)

1.4 You are the head waiter at Eat and Feel Good restaurant. One of your customers complained about the food she was served.

How will you handle the problem to ensure that the customer is satisfied? (5)

1.5 Why is it important to dispose of waste correctly? (3)

1.6 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 (1.6.1–1.6.9) in the ANSWER BOOK.

1.6.1 What is a suitable cooking method for baguettes?

A Boiling
B Steaming
C Baking
D Frying

1.6.2 An example of regenerated food that can be served in a quick service is …

A instant soup.
B sausages.
C chips.
D bagels.

1.6.3 Look out for … when buying food for quick service.

A stock rotation and control
B uniformity and size
C temperature and cost
D price and preparation time

1.6.4 A characteristic of quality to look out for when buying food for quick service:

A Firm texture
B Easy to cook
C Cheaper
D Easy to store

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1.6.5 … is an example of a cold filling for quick service.

A Cheese
B Cream cheese
C Mushroom sauce
D Tomato sauce

1.6.6 When a customer has an unusual request, you should …

A assist those who do not have special requests.
B tell the customer to go to another establishment.
C tell the customer to come the next day.
D make an alternative suggestion.

1.6.7 … can be used for portion control when serving food for quick service.

A An egg lifter
B A ladle
C Tongs
D A pallet knife

1.6.8 … are a suitable garnish for fish.

A Lemon wedges
B Cucumber slices
C Carrot florets
D Celery leaves

1.6.9 What is the correct temperature for storing hot food?

A 25 °C
B 45 °C
C above 65 °C
D below 65 °C

(9 × 1) (9)
[30]

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QUESTION 2

2.1 Roselyn is preparing vegetables for making complex vegetable dishes. Her knife is blunt and she cannot find a sharpening steel to sharpen the knife.

Explain the impact of using a blunt knife with regard to safety and performance. (6)

2.2 Name ONE knife that can be used to perform each of the following functions:

2.2.1 To decorate mushrooms

2.2.2 To chop meat mainly in the butchery section

(2 × 1) (2)

2.3 Show SEVEN safety steps to follow, to dismantle and clean electric cutting equipment. (7)

2.4 Joy wants to purchase fresh fruit to be used in the preparation of hot and cold dishes. When she arrives at the fruit store she found that the fresh fruit was out of stock.

Name FIVE other forms of fruit that Joy can purchase instead of fresh fruit. (5)

2.5 Name ONE cooking method for each of the following fruit dishes:

2.5.1 Fruit purèe

2.5.2 Dried fruit compote

(2 × 1) (2)

2.6 What can Joy do when some of the fruit that she wanted to prepare, is damaged. (3)

2.7 Describe FIVE ways to minimise waste when buying food or working with it. (5)

[30]

QUESTION 3

3.1 Choose the correct word from those given in brackets by writing only the answer next to the question number (3.1.1–3.1.10) in the ANSWER BOOK.

3.1.1 Once (zucchini/eggplant) is peeled, it should be placed in lemon juice to stop it from going brown.

3.1.2 (Julienne/Jardinière) refers to thicker and shorter strips of vegetables.

3.1.3 (Brunoise/Chiffonade) vegetables are cut in small dices.

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3.1.4 Aubergines and marrows can be (simmered/baked) for a few minutes to loosen their skins.

3.1.5 (Cabbage/Sweet potatoes) can be successfully shredded.

3.1.6 (Potatoes/Mushrooms) can be turned into barrel shapes.

3.1.7 Another name for baby marrow is (zucchini/borscht).

3.1.8 (Augratin/Spanakopita) is a Greek dish including spinach, feta cheese and filo pastry.

3.1.9 (Braising/Grilling) is a suitable cooking method for tomatoes and mushrooms.

3.1.10 Potatoes should be pierced once or twice before baking to avoid (overcooking/bursting).

(10 × 1) (10)

3.2 Classify the following vegetables:

3.2.1 Cauliflower

3.2.2 Pumpkin

3.2.3 Tomatoes

3.2.4 Spring onion

3.2.5 Sprouted seeds

(5 × 1) (5)

3.3 Explain how you will preserve the nutritional values of vegetables during preparation. (5)

3.4 Explain how you will prepare and cook beetroot correctly. (5)

3.5 Name FIVE examples of vegetables that can be stuffed, from the following list:

asparagus; peppers; celery; green beans; potatoes; onions; cauliflower; mushrooms; broccoli; squashes; baby sweet corn; spring onions

(5)

[30]

QUESTION 4

4.1 Explain the importance of keeping food handling areas clean. (6)

4.2 Develop SIX steps that you will follow when cleaning shelves. (6)

4.3 Name THREE examples of work surfaces that you may be required to clean. (3)

4.4 Explain why it is important not to mix fresh ingredients with old ingredients when preparing sandwiches. (3)

4.5 State the information that should appear on the label of sandwiches and rolls. (2)

4.6 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (4.6.1–4.6.10) in the ANSWER BOOK.

4.6.1 One of the points to remember when garnishing hot and cold sandwiches is that you should wait until the food is ready to go to the serving line and then toss in some garnish as an afterthought.

4.6.2 Should a knife become blunt during the preparation of hot and cold sandwiches, throw it away and get a sharp knife to finish the job.

4.6.3 Fillings for hot and cold sandwiches should be generous, creating a thickness at least equal to the thickness of the bread you are using.

4.6.4 During peak times you may do some preparations like boiling and shelling eggs for readiness for the next day.

4.6.5 You must not let your hands come into contact with the food even if you are wearing gloves when preparing and presenting the sandwiches.

4.6.6 Cleaning as you go allows better workflow.

4.6.7 Sandwiches that contain egg filling may be frozen for longer storage.

4.6.8 It is important to consider the taste when choosing sandwich fillings as the contents must complement each other.

4.6.9 Fillings such as eggs and cheese are suitable for vegan customers.

4.6.10 Customers who are at risk of heart disease may prefer to have mashed avocado on their bread instead of margarine.

(10 × 1) (10)

[30]

QUESTION 5

5.1 Explain the effect of overcooking starch. (3)

5.2 Recommend FOUR ways of serving potatoes. (4)

5.3 Give the correct temperature for baking the following products:

5.3.1 Meat pies

5.3.2 Meringues

5.3.3 Butter cake

(3 × 1) (3)

5.4 Recommend FOUR finishes that you can use to decorate baked products. (4)

5.5 Discuss FIVE advantages of coating food before frying. (5)

5.6 You want to fry fish for customers but the oil is dirty as other chefs already used it.

What should you do to solve the problem? (3)

5.7 Your mother bought vegetables in bulk as most of these vegetables will soon be out of season. She is worried that the vegetables will deteriorate if they are not stored correctly.

5.7.1 Explain to her how to freeze vegetables for future consumption. (5)

5.7.2 Describe THREE safety guidelines that your mother should apply when storing food in a dry storage. (3)

[30]

TOTAL: 150

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