higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 2

(11011012)

12 November 2018 (X-Paper)
09:00–11:00

This question paper consists of 9 pages.

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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.

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QUESTION 1

1.1 Give ONE term for each of the following descriptions by choosing a term from the list below. Write only the term next to the question number (1.1.1–1.1.5) in the ANSWER BOOK.

shelling; trimming; washing; peeling; chopping; blanching; shredding; cutting

1.1.1 Removing the inedible or tough skin of vegetables

1.1.2 Removing the hard or fibrous outer cover to use the seeds of beans

1.1.3 Cutting in long narrow strips

1.1.4 Cutting or dicing vegetables into fairly uniform pieces

1.1.5 Removing any parts of vegetables that are not eaten

(5 × 1) (5)

1.2 Explain how to protect the vitamin content of vegetables. (5)

1.3 Study the recipe below and answer the questions.

TOMATO WITH OLIVES

Portions: 2

Ingredients

2	tomatoes, blanched and seeded
½	onion, chopped
1	clove garlic, crushed
100 g	sundried tomatoes
125 g	stone Calamata olives
30 ml	olive oil
15 ml	basil pesto

Chopped fresh herbs or chives and pecorino cheese for garnish
Salt to taste

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Method:

1. Bake at 220 °C.
2. Serve hot, sprinkled with chopped fresh herbs or chives and thinly sliced pecorino cheese.
3. Scoop the mixture into the tomato halves and pack tightly into an ovenproof dish.
4. Prepare mise en place.
5. Sauté the onion in oil until soft then add garlic, basil, pesto, sundried tomatoes and olives.
6. Season the tomatoes and place cut-side down on a paper towel to drain.

1.3.1 Name THREE methods to prepare the tomatoes. (3)

1.3.2 Name TWO methods to cook the dish. (2)

1.3.3 Give SIX criteria to assess the quality of cooked vegetables in the recipe. (6)

1.3.4 Under which category does onion and garlic fall? (1)

1.3.5 Name TWO garnishes used in the recipe. (2)

1.3.6 Rearrange the method for preparing tomato with olives in the correct order. Rewrite the steps next to the correct number (1–6) in the ANSWER BOOK. (6)
[30]

QUESTION 2

You are requested to prepare and cook lunch for the L4 students' farewell function. You received meat, poultry, vegetables, fruit and dairy products.

2.1 How should each of the following food items be stored:

2.1.1 Poultry (2)

2.1.2 Dairy products (6)

2.2 Some foods will be deep-fried during the lunch preparation.

Explain SEVEN guidelines to maintain the quality of fats and oils. (7)

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2.3 Explain the impact of over-grilled or under-grilled food under each of the following headings:

2.3.1 Customer satisfaction (3)

2.3.2 Cost (3)

2.3.3 Food hygiene (1)

2.4 Name FIVE types of starch that can be served at the lunch. (5)

2.5 List THREE instructions for garnishing and presenting starch dishes. (3)

[30]

QUESTION 3

3.1 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (3.1.1–3.1.10) in the ANSWER BOOK.

3.1.1 The area you are going to use when preparing food should be clean with no visible signs of dirt.

3.1.2 Before baking, wash, rinse and dry bowls, beaters, spatulas, baking tins and all other utensils.

3.1.3 Choux pastry for eclairs and choux puffs must be cooked on top of the stove for a while before going to the oven to finish baking.

3.1.4 Bread is baked at high temperatures to keep the yeast alive.

3.1.5 When a cake is cooked it will shrink away from the side of the tin.

3.1.6 Foods produced as take-away items must be packaged safely and conveniently to ensure customer satisfaction.

3.1.7 If the oven is not working you must fix it yourself.

3.1.8 Cross-contamination can only occur during the storage process when preparing food for quick service.

3.1.9 When preparing food for quick service it is important to have everything you need as close as possible to your work area.

3.1.10 Time is a major factor in quick service, so it is necessary for all staff to prepare a work plan.

(10 × 1) (10)

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3.2 You made a list of ingredients to buy for preparing food for quick service.

Explain how the quality of fresh food should be. (3)

3.3 How can good stock control of the ingredients for the quick service be achieved? (2)

3.4 When preparing food for quick service one can experience different types of unforeseen situations.

Explain how to handle each of the following unplanned circumstances:

3.4.1 Insufficient food items

3.4.2 Food grilled at slow temperature

3.4.3 Burned food due to high temperature

(3 × 1) (3)

3.5 Preparing fillings in advance saves time.

Give THREE examples of fillings that can be prepared in advance. (3)

3.6 Categorise each of the following foods according to various cooking methods by completing the TABLE below. Write only the answer next to the question number (3.6.1–3.6.4) in the ANSWER BOOK.

bagels; canned soups; crumbed chicken; sausages; croissants; salad dressing; hamburger patties; pancake mix; potato chips

BAKED FOOD	FRIED FOOD	GRILLED FOOD	REGENERATED FOOD
3.6.1 (2)	3.6.2 (2)	3.6.3 (2)	3.6.4 (3)

(9)

[30]

QUESTION 4

4.1 Identify and categorise each of the following fruit by completing the table below. Write only the answer next to the question number (4.1.1–4.1.5) and letter (a–b) in the ANSWER BOOK.

FRUIT	IDENTIFICATION	CATEGORY
4.1.1 	(a)	(b)
4.1.2 	(a)	(b)
4.1.3 	(a)	(b)
4.1.4 	(a)	(b)
4.1.5 	(a)	(b)

[Adapted from: *http://www.google.co.za*]

(5 × 2) (10)

4.2 State FOUR points to follow when preparing fruit for immediate use. (4)

4.3 Which method, other than washing, can one use to prepare apples for making apple tart? (1)

4.4 Which THREE pieces of equipment can one use to toast the bread for hot sandwiches? (3)

4.5 Name SIX types of fillings to use when preparing hot sandwiches. (6)

4.6 Choose a picture from COLUMN B that matches a dough product in COLUMN A. Choose the answer and write only the letter (A–F) next to the question number (4.6.1–4.6.6) in the ANSWER BOOK.

COLUMN A		COLUMN B
4.6.1	Rye bread	A 
4.6.2	Croissant	
4.6.3	Naan bread	
4.6.4	Pit bread	B 
4.6.5	Bagel	
4.6.6	Wrap	C 
		D 
		E 
		F 

[Adapted from: *http://www.google.co.za*]

(6 × 1) (6)

[30]

QUESTION 5

5.1 Give SIX guidelines to follow when cleaning a bain-marie. (6)

5.2 Name FIVE cleaning materials to use when cleaning a bain-marie. (5)

5.3 What will you do if you find that you have insufficient cleaning materials before you start cleaning the bain-marie? (4)

5.4 Advise a junior chef on how he should sharpen the knife using a sharpening stone. (8)

5.5 Explain the importance of positioning one's hand properly when cutting food. (3)

5.6 Which knife should be used when performing each of the following duties:

5.6.1 Cutting cheese into small pieces

5.6.2 Cutting round shapes from fruit and vegetables

5.6.3 Trimming edges of pastry

5.6.4 Shucking oysters

(4 × 1) (4)
[30]

TOTAL: 150

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