higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 3

(11011013)

3 March 2020 (X-paper)
09:00–12:00

This question paper consists of 11 pages.

221Q1S2003

Copyright reserved

TIME: 3 HOURS
MARKS: 180

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. Start each question on a new page.
5. Write neatly and legibly.

Copyright reserved

SECTION A

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 … is a type of white fish.

A Tuna
B Salmon
C Mackerel
D Kingklip

1.1.2 … contamination can occur when cleaning fish on a dirty surface.

A Chemical
B Horizontal
C Direct
D Cross

1.1.3 … is/are the major ingredient of stock.

A Collagen
B Water
C Bones
D Seasoning

1.1.4 … can transfer bacteria from a person to food being prepared.

A Raw food
B Dirty preparation areas
C Open cuts
D Waste

1.1.5 Whisked eggs act as a … agent because it can trap a lot of air.

A creaming
B flavouring
C leavening
D moistening

1.1.6 Egg wash is egg beaten with …

A water.
B oil.
C yoghurt.
D cream.

Copyright reserved

1.1.7 An example of an enriched dough product:

A Pizza base
B Koeksisters
C Bread rolls
D Baguette

1.1.8 Puff pastry is used to prepare …

A éclairs.
B doughnuts.
C vol au vents.
D fruit tarts.

1.1.9 … water is generally used to prepare pastry.

A Hot
B Cold
C Lukewarm
D Boiling

1.1.10 … is a suitable topping for a vegetarian canapé.

A Hummus
B Smoked salmon
C Smoked chicken
D Pastrami

(10 × 1) (10)

Copyright reserved

1.2 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (1.2.1–1.2.10) in the ANSWER BOOK.

1.2.1 A red cutting board is used when filleting raw fish.

1.2.2 The gills of a fresh fish should be bright red.

1.2.3 Stock must be stored above eye level in a fridge.

1.2.4 A bouquet garni is a bundle of herbs tied together with a string.

1.2.5 Baking tins must be thoroughly dried after washing to prevent rusting.

1.2.6 Oven shelves must be close to the top of the oven to ensure that cakes bake evenly.

1.2.7 Plain breads are not high-risk and can be stored in a cool, dry room.

1.2.8 Pastry must be prepared in warm working conditions.

1.2.9 The butter spread on a sandwich serves to moisten the bread.

1.2.10 A rolling pin is used to roll dough.

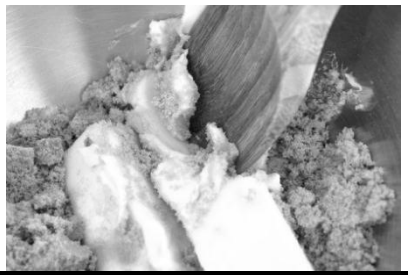
(10 × 1) (10)

1.3 Choose a term from COLUMN B that matches a description in COLUMN A. Write only the letter (A–G) next to the question number (1.3.1–1.3.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.3.1	Removing solids from a liquid by passing it through a muslin cloth or sieve	A	skimming
		B	grating
1.3.2	Cutting vegetables into small blocks	C	slicing
1.3.3	Using a blender to turn cooked vegetables into a pulp	D	puree
		E	straining
1.3.4	Combining two or more ingredients	F	dicing
1.3.5	Removing scum from the surface of stock	G	blending

(5 × 1) (5)

1.4 Choose a preparation method from COLUMN B that matches a picture in COLUMN A. Write only the letter (A–G) next to the question number (1.4.1–1.4.5) in the ANSWER BOOK.

COLUMN A		COLUMN B
1.4.1		A rubbing in
		B creaming
		C melting
		D glazing
1.4.2		E whisking
		F clarifying
		G folding
1.4.3		
1.4.4		
1.4.5		

(5 × 1) (5)

1.5 Give ONE term for each of the following descriptions by writing it next to the question number (1.5.1–1.5.10) in the ANSWER BOOK.

1.5.1 Cutting fish into correctly sized pieces

1.5.2 A light sauce usually served with a salad

1.5.3 Sometimes sprinkled onto baking sheets to create steam when pastry bakes

1.5.4 Flour containing 85% of the original grain with some of the bran and wheat germ extracted

1.5.5 Soft, flat, pear-shaped bread from India

1.5.6 Placing shortcrust pastry in the fridge before rolling it

1.5.7 Baking a pastry shell before adding a filling

1.5.8 Dusted over a pastry dish to improve the final appearance and add sweetness

1.5.9 Finishing technique where fresh fruit is spooned into a pastry shell

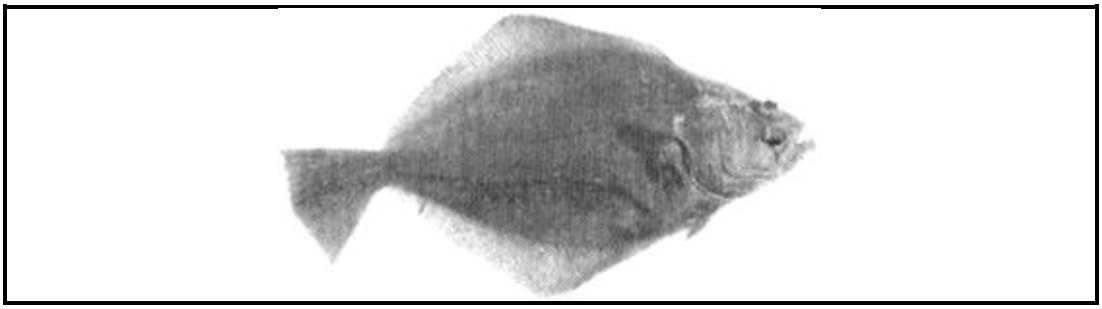
1.5.10 Utensil used for cold presentation to prevent people from touching food with their hands

(10 × 1) (10)
[40]

TOTAL SECTION A: 40

SECTION B

QUESTION 2



[Source: *www.wildlife.ca.gov*]

2.1 Identify the fish in the picture. (1)

2.2 Which quality points must be checked when buying this fish in frozen form? (5)

2.3 List SIX steps to follow when grilling this fish whole. (6)

2.4 Explain how to handle each of the following unexpected situations that can occur while preparing this fish:

2.4.1 Cutting yourself with a knife (8)

2.4.2 Discovering the fish is not fresh (2)

Read through the recipe below.

Butternut soup

Ingredients

30 mℓ	butter
2	onions, diced
1	apple
500 g	butternut, peeled and diced
45 mℓ	flour
10 mℓ	curry powder
1 mℓ	grated nutmeg
750 mℓ	chicken stock
375 mℓ	milk
½	orange, juice and rind
	salt and pepper

2.5 Classify the soup in the recipe. (1)

2.6 Compile a step-by-step method to prepare this soup. (8)

2.7 Suggest TWO suitable types of garnish for this soup. (2)

Copyright reserved

2.8 Explain how to handle each of the following:

2.8.1 The soup is too thick. (1)

2.8.2 The soup is still lumpy. (3)

2.8.3 You burned yourself while preparing the soup. (5)

2.9 Briefly explain each of the following soup-serving styles:

2.9.1 Takeaway

2.9.2 À la carte

(2 × 2) (4)

2.10 List the main ingredients of each of the following sauces:

2.10.1 Béchamel sauce

2.10.2 Velouté sauce

(2 × 2) (4)

[50]

QUESTION 3

3.1 Choose the correct ingredients for making vanilla-butter biscuits from the list below.

butter; milk; castor sugar; eggs; vanilla essence; cake flour; self-raising flour; cornflour; salt; bicarbonate of soda

(7 × 1) (7)

3.2 How would you store the vanilla-butter biscuit mixture if you want to bake the biscuits the next day? (2)

3.3 What will happen if the biscuits were to be baked at 230 °C for 30 minutes? (1)

3.4 How will you handle it if the biscuits accidently fell on the floor while taking it out of the oven? (3)

3.5 Give solutions for each of the following operational problems:

3.5.1 The oven does not work. (4)

3.5.2 The cake you baked sticks to the pan. (5)

3.6 List THREE suitable decorations for vanilla-butter biscuits. (3)

[25]

QUESTION 4

4.1 Write down the main ingredients needed to prepare choux pastry. (4)

4.2 What are the characteristics of each of the following?

4.2.1 Raw choux pastry

4.2.2 Baked choux pastry

(2 × 4) (8)

4.3 Name TWO products made with choux pastry. (2)

4.4 How are baked choux-pastry products cooled when it comes out of the oven? (6)

[20]

QUESTION 5

5.1 Differentiate between *unleavened white dough* and *white dough made with yeast*. (2 + 2) (4)

5.2 How would you store prepared white dough with yeast until the next day? (4)

5.3 Discuss the function of each of the following ingredients in dough production:

5.3.1 Salt (4)

5.3.2 Sugar (3)

5.4



[Source: *www.istockphoto.com*]

5.4.1 Which preparation method is shown in the picture? (1)

5.4.2 Which preparation method follows the one mentioned in QUESTION 5.4.1? (1)

5.5 Which signs will you look for to see if a dough product is cooked? (3)

[20]

QUESTION 6

6.1 List THREE risks associated with presenting food for cold presentation. (3)

6.2 List SEVEN ways to reduce the risks mentioned in QUESTION 6.1. (7)

6.3 Give SEVEN examples of bases. (7)

6.4 Give solutions for each of the following unexpected situations:

6.4.1 The bases are burnt.

6.4.2 The electricity goes off while you are frying calamari for a platter.

(2 × 2) (4)

6.5 Why is it important to work in an organised and efficient manner? (4)

[25]

TOTAL SECTION B: 140
GRAND TOTAL: 180

Copyright reserved