higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 3

(11011013)

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

This question paper consists of 10 pages.

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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. Write neatly and legibly.

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QUESTION 1

1.1 Name TWO ingredients used in the preparation of cakes and biscuits that can be classified as high risk. (2)

1.2 List THREE steps to follow when cleaning food preparation areas. (3)

1.3 What are the functions of fat in baked products? (5)

1.4 Discuss how air can be incorporated into cake or biscuit mixtures. (5)

1.5



A



B



C

1.5.1 What is the difference between the THREE types of sugar in the pictures above? (3)

1.5.2 Recommend ONE use for each of the sugars. (3)

1.5.3 Suggest ONE healthier alternative for the sugars above. (1)

1.6 What is the most common flour used when preparing cakes and biscuits? (1)

1.7 How will one solve the following unexpected situations?

1.7.1 Cakes stick to the pan (4)

1.7.2 Oven not working properly (2)

1.7.3 Cakes have a dry, heavy crust (2)

1.8 What would happen when biscuits are baked in an oven that is too hot? (4)

1.9 Briefly explain how moulded biscuits are made. (4)

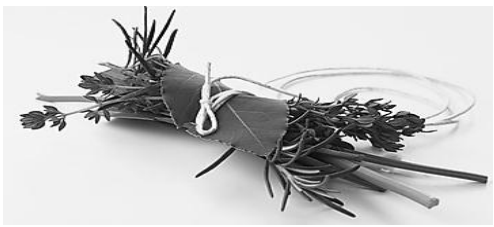
1.10 Explain how to line a tin with grease and flour. (1)

[40]

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QUESTION 2

2.1 Choose a term from COLUMN B that matches a description in COLUMN A. Write only the letter (A–M) next to the question number (2.1.1–2.1.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
2.1.1	A rich flavorful stock or broth that has been clarified to be clear and transparent	A	clear vegetable soup
2.1.2	A clear seasoned stock with the addition of one or more vegetables (meat or poultry may be added)	B	mirepoix
2.1.3	Opaque, not transparent, they are thickened either by adding a thickening agent or pureeing one or more of the ingredients	C	bisque
2.1.4	Shellfish soups thickened with cooked rice	D	consommé
2.1.5	Potato soup prepared from chicken stock, leeks and cream	E	bouquet garni
2.1.6	A mixture of tomato concasse, cucumber, sweet green pepper and chicken stock	F	beurre manié
2.1.7		G	cartilage
2.1.8	Equal parts soft raw butter and flour formed into balls.	H	gazpacho
2.1.9	Equal parts flour and fat (usually butter). They are stirred constantly over heat to form white, blonde, or brown	I	thick soups
2.1.10		J	brown stock
		K	roux
		L	remouillage
		M	vichyssoise

(10 × 1) (10)

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2.2 Formulate a step-by-step guide on how to make a white meat stock. (6)

2.3 2.3.1 You served a cream soup made from inferior ingredients.

What will the consequences of your actions be? (4)

2.3.2 Give advice on how to deal with the situation if it was a mushroom soup that was prepared in QUESTION 2.3.1. The soup must be served shortly. (5)

2.4 Compare the different service styles of soups. Use the table below:

BUFFET STYLE	TAKE-AWAY	ROOM SERVICE	A LA CARTE
(4)	(2)	(2)	(3)

(11)

2.5 Explain how to correctly store stock and soup dishes. (4)

[40]

QUESTION 3

3.1 Choose a sandwich filling from COLUMN B that matches a dietary requirement in COLUMN A. Write only the letter (A–F) next to the question number (3.1.1–3.1.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1.1	Vegan	A	basil pesto, tomato and mozzarella cheese
3.1.2	Halaal	B	lettuce, avocado and tomato
3.1.3	Kosher	C	macon, lettuce and cheese
3.1.4	Lacto-vegetarian	D	roast beef, gherkins and tomato
3.1.5	Low-fat	E	ham, camembert and salad greens
		F	low-fat cottage cheese, sunflower seeds and honey

(5 × 1) (5)

3.2 How can one reduce the risk of contamination when presenting canapés? (5)

3.3 Recommend why one should time label the filled sandwiches you made for take-away lunch. (3)

3.4 What actions will one take if someone is injured while preparing sandwiches? (3)

3.5 You have to serve a traditional Caesar salad.

Name the base, body, garnish and dressing of this salad. (4)

[20]

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QUESTION 4

4.1 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (4.1.1–4.1.5) in the ANSWER BOOK.

4.1.1 Cross contamination can occur at any stage while handling/preparing fish.

4.1.2 Smoked fish should always be kept in the refrigerator.

4.1.3 Examples of oily fish include kingklip, hake and barracuda.

4.1.4 Thawing should always be done overnight, outside of the fridge.

4.1.5 The flesh of white fish contains less than 5% fat.

(5 × 1) (5)

4.2 How will one be able to identify stale fish? (4)

4.3 Sole is an example of flat fish.

4.3.1 How will one skin this type of fish? (5)

4.3.2 What are the similarity and differences between *paupiettes* and *délice?* Tabulate your answer.

	PAUPIETTES	**DELICE**
Similarity	(1)	
Differences	(1)	(1)

(3)

4.3.3 Recommend a suitable cooking method for *paupiettes.* (1)

4.3.4 Recommend TWO suitable garnishes to serve with grilled sole. (2)

4.3.5 How will one be able to determine whether a sole is cooked? (4)

4.4 How would one deal with the following situations in a kitchen?

4.4.1 Fish bone piercing your finger (3)

4.4.2 Cuts (3)

[30]

QUESTION 5

5.1



5.1.1 Identify the pastry product in the picture.

5.1.2 What pastry is used for this product?

(2 × 1) (2)

5.2 Choose the odd one out and provide a reason for your choice.

5.2.1 Cornish pasties; Bouchées; Sausage rolls

5.2.2 Profiteroles; Fruit flans; Éclairs

(2 × 2) (4)

5.3 The shortcrust pastry used for a quiche has a hard texture.

What could have caused this? (3)

5.4 If the ratio for shortcrust pastry is 1 : 2 : 1, what will the quantity of iced water be if you use 100 g of butter and 200 g of flour? (1)

5.5 Recommend how to line tartlet cases with pastry. (3)

5.6 Suggest how to store uncooked pastry. (4)

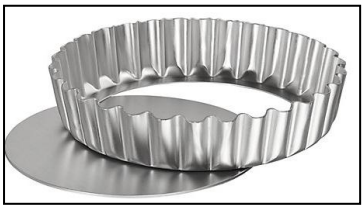
5.7 Name THREE characteristics of good shortcrust pastry. (3)

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5.8 Give ONE word for each of the following equipment used for making pastry by choosing a word/term from the list below. Write only the word/term next to the question number (5.8.1–5.8.5) in the ANSWER BOOK. Each word may only be used ONCE.

palette knife; piping bag; rolling pin; piping nozzles; flan tin; pastry cutter; blender

5.8.1



5.8.2



5.8.3



5.8.4



5.8.5



(5)
[25]

QUESTION 6

6.1 Choose the correct word(s) from those given in brackets. Write only the word(s) next to the question number (6.1.1–6.1.5) in the ANSWER BOOK.

6.1.1 White flour contains (20%/70%) wheat.

6.1.2 (Strong/Rice) flours develop a lot of gluten.

6.1.3 Fresh yeast is (smooth/crumbly) in texture.

6.1.4 Semolina is the (endosperm/bran) of the wheat kernel.

6.1.5 (Milk/Butter) is an example of shortening.

(5 × 1) (5)

6.2



6.2.1 Name the preparation method used in the picture above. (1)

6.2.2 Give a clear explanation on how to execute this method. (4)

6.2.3 Why is this step necessary in the dough-making process? (2)

6.3 Different glazes will have different outcomes. Predict what the outcome will be when using the follow glazes on baked dough products.

Tabulate your answer.

Salt and water glaze	(1)
Oil and dusting of flour	(1)
Beaten egg and milk	(1)
Sugar and water	(1)

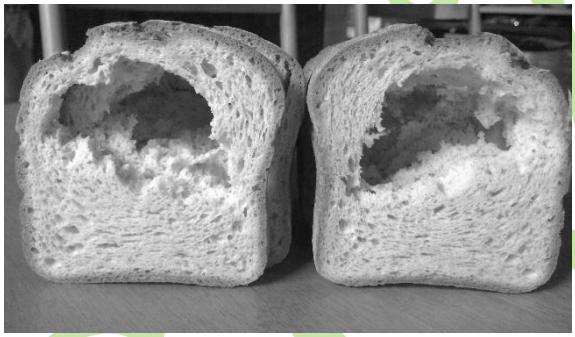
(4)

6.4



How will one be able to tell if the bread loaf in the picture above is cooked? (4)

6.5



What could possible reasons be for the uneven texture and large holes in the bread shown above? (4)

6.6 Why is it advisable to eat dough products soon after cooking? (1)

[25]

TOTAL: 180

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