higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

# NATIONAL CERTIFICATE (VOCATIONAL)

## FOOD PREPARATION
## NQF LEVEL 4

(11011014)

**1 March 2018 (Y-Paper)**
**13:00–16:00**

**This question paper consists of 11 pages.**

NCV

**TIME: 3 HOURS**
**MARKS: 200**

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## 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 Choose the correct word or words from those given in brackets. Write only the word or words next to the question number (1.1.1–1.1.5 in the ANSWER BOOK.

1.1.1 (Cooked/Raw) vegetables may have traces of toxic sprays or sand on the skin which can easily spread if it comes into contact with work surfaces.

1.1.2 Hot vegetable terrines are baked in a (bain-marie/dry pan).

1.1.3 When vegetables are stuffed for baking, fill it (partially/completely) with filling.

1.1.4 Vegetables should be puréed while they are (cold/hot) to purée it successfully.

1.1.5 Raw, peeled potatoes can be stored in a bowl with (lukewarm/cold) water until needed.

(5 × 1) (5)

1.2 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 (1.2.1–1.2.5) in the ANSWER BOOK.

1.2.1 This mushroom is most suitable for stuffing and grilling.

A Button mushroom
B Oyster mushroom
C Brown mushroom
D Shitake mushroom

1.2.2 Steamed baby carrots must be prepared and cooked as close to serving time as possible to protect their...

A nutritional content
B moisture content
C size and shape
D weight

1.2.3 The preparation method whereby a lettuce leaf is rolled up tightly and then sliced diagonally.

A Carving
B Chiffonade
C Slicing
D Skinning

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1.2.4 These vegetables are also called capsicums.

A Baby marrows
B Brinjals
C Peppers
D Brussel sprouts

1.2.5 Crushed garlic can be mixed with... before storing it in the refrigerator to prevent it from drying out.

A vinegar
B herbs and spices
C coconut oil
D olive oil

(5 × 1) (5)

1.3 Categorise the vegetables in the list below according to their classifications. Redraw and complete the table in the ANSWER BOOK.

| |
|---|
| sweet potatoes; mushrooms; celery; shallots; chicory; lettuce; leeks; yams; asparagus; fennel |

| TUBERS | BULBS | LEAVES | FUNGI | STEMS |
|---|---|---|---|---|
| | | | | |

(10)

1.4 Vegetables are an important part of a healthy diet, but their nutritional value depends on how they are stored, prepared and cooked.

What would you do, to retain the nutritional value when preparing vegetables? (6)

1.5 You are asked to prepare Creamy Avocado Mousse using the ingredients listed below.

Develop a set of instructions to follow when making this starter. All steps must be in the correct order.

| |
|---|
| Avocado pear; smooth cottage cheese; salt and pepper; lemon juice; gelatine; eggs |

(13)

1.6 Why should one work quickly and in an organised manner while preparing a gelatine mousse? (2)

1.7 Fresh vegetables are perishables and need careful handling and storage.

How would you store fresh vegetables after delivery to ensure that they remain fresh for a longer period of time? (9)

**[50]**

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## 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 (2.1.1–2.1.5) in the ANSWER BOOK.

2.1.1 When accepting deliveries the delivery note must be compared with the invoice to ensure that all items ordered were delivered.

2.1.2 The temperature of non-perishable goods must be checked with each delivery.

2.1.3 Meat deliveries must be checked and stored in the fridge or freezer as quickly as possible.

2.1.4 It is safe practice to bend at the waist when picking up a heavy load.

2.1.5 The impact of having too much stock on hand is that the company's cash flow is tied up in stock.

(5 × 1) (5)

2.2 List FOUR storage conditions that must be present and monitored in a dry store? (4)

2.3 Working in a kitchen means that you must be able to deal with operational situations as they arise.

How would you deal with the following situations if you were the manager on duty?

2.3.1 Fridges that stop working (4)

2.3.2 You arrive at work and find that the freezer has defrosted overnight because of a power failure (8)

2.4 Samuel works as a storekeeper at Destination Nowhere hotel. He places an order with Healthy Foods on the 10 January 2018. Healthy Foods address is 52 Orange Road, Nelspruit, 1201.

He orders the following items:

5 x 10kg boxes of Rainbow chicken breast fillets @ R 49 .99 p/kg
10 x 1lt bottles of Clover fresh milk @ R 12.89 p/lt
5 x 2kg grated Parmalat mozzarella cheese @ R 62.99 p/2kg

He completes order form no 78954 below but is not sure if it is correct. Assist him by checking the completed form for any mistakes.
Write down all the mistakes he has made in the ANSWER BOOK.

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| ORDER FORM | | | | |
|---|---|---|---|---|
| **To:** Healthy Foods<br><br>**Address:** | **Destination Nowhere Hotel**<br>**556 Main Road**<br>**White River**<br>**Mpumalanga**<br>**Tel: 013 562 8792** | | **Order no:** 7954<br><br>**Date:** 10 January 2017 | |
| **ITEM DESCRIPTION** | **QUANTITY** | **SIZE** | **UNIT PRICE** | **COST** |
| Chicken breast fillets | 50 | 10kg | R 456.00 | R 4560.00 |
| Fresh Milk | 10 | 2lt | R 12.89 | R 128.90 |
| Grated mozzarella cheese | 5 | 2kg | R62.99 | R 31.95 |
| | | | | |
| | | | | |
| | | | | |
| | | **TOTAL COST** | | |

(9)

Ordered by: .....

**[30]**

## QUESTION 3

3.1 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 (3.1.1–3.1.5) in the ANSWER BOOK.

3.1.1 The most suitable cooking method for Beef neck is...

A grilling
B stewing
C oven – roasting
D shallow frying

3.1.2 ... is the stomach lining of an ox.

A Trotters
B Sweetbreads
C Tripe
D Thymus

3.1.3 A burnt steak will have the following effect on the company:

A Increase customer turnover
B Increase financial losses
C Increase profits
D Decrease food cost

3.1.4 You can use a ... to check whether roast leg of lamb is cooked.

A two-pronged fork
B meat thermometer
C a sharp knife
D a scale that works

3.1.5 ... is important to minimise wastage when working with meat.

A The time of delivery
B Using a sharp knife
C A short cooking time
D Portion control

(5 × 1) (5)

3.2 Choose the correct meat colour in COLUMN B that matches the correct type of **RAW** meat in COLUMN A. Write only the letter (A–H) next to the question number (3.2.1–3.2.5) in the ANSWER BOOK.

| COLUMN A | | COLUMN B | |
|---|---|---|---|
| 3.2.1 | Poultry | A | Light to darker pink |
| 3.2.2 | Pork | B | Light bright red |
| 3.2.3 | Veal | C | A very light pink, almost translucent |
| 3.2.4 | Lamb | D | Creamy white in colour |
| 3.2.5 | Beef | E | Bright pink in young animals, deeper rose colour in older animals |
| | | F | Pinkish grey to darker pink |
| | | G | Dull brownish colour |
| | | H | Reddish colour |

(5 × 1) (5)

3.3 You are a food handler in the kitchen of a busy restaurant. The table below shows a cleaning schedule for the kitchen.

Redraw and complete the table in the ANSWER BOOK.

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| ITEMS TO BE CLEANED | FREQUENCY OF CLEANING | TYPE OF CLEANING AGENTS | CLEANING EQUIPMENT |
|---|---|---|---|
| Work surfaces | 3.3.1 (1) | 3.3.2 (3) | 3.3.3 (1) |
| Refrigerators | 3.3.4 (1) | 3.3.5 (3) | 3.3.6 (1) |

(10)

3.4 Identify the types of offal in the pictures below:

**PICTURE A**



[Source: *www.eztrolley.com*]

**PICTURE B**



[Source: *www.m.blog.naver.com*] (2)

3.5 Compare the indicators of freshness and quality you would look for when buying the offal identified in Question 3.4. Tabulate your answer.

| | PICTURE A | PICTURE B |
|---|---|---|
| Colour | 3.5.1 (2) | 3.5.2 (1) |
| Smell | 3.5.3 (1) | 3.5.4 (1) |
| Flesh | 3.5.5 (1) | 3.5.6 (1) |

(7)

3.6 A well-presented meal that has a 'finished' look with good colour and texture contrast, conveys the message that the food will taste as good as it looks.

Recommend suitable principles for finishing and presenting meat dishes correctly. (14)

3.7 You are the food service manager of an old-age home. Your clients have nutritional requirements. Your employees do not understand why some of the clients need to have different food.

Develop a set of guidelines outlining dietary requirements for each of the following:

3.7.1 Diabetics (4)

3.7.2 A cholesterol-restricted diet (3)

**[50]**

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## QUESTION 4

4.1 Give ONE word or a term for each of the following descriptions. Write only the word or term next to the question number (4.1.1–4.1.5) in the ANSWER BOOK.

4.1.1 An equal amount of melted butter and wheat flour used to thicken sauces.

4.1.2 Finishing a sauce off with butter.

4.1.3 Swirling a liquid in a pan to dissolve cooked particles of food remaining at the bottom.

4.1.4 A quality standard used to assess whether a sauce is not too thick and not too thin.

4.1.5 Allowing a sauce to simmer until it thickens.

(5 × 1) (5)

4.2 Preparing stock is often seen as a difficult procedure. It is actually very easy, but rather time- consuming.

Compile a detailed step-by-step method to be followed when preparing stock. Steps must be in the correct order. (12)

4.3 List the THREE main ingredients used to prepare a Béchamel sauce. (3)

4.4 You need to make a Béchamel sauce for a dish that you are preparing at home. You find weevils in the thickening agent.

What will you do to ensure you still produce a dish of a high standard? (4)

4.5 How would you store the above mentioned sauce if you plan on using it the next day? Your steps must be in the correct order / sequence. (6)

**[30]**

## QUESTION 5

5.1 Give ONE word or a term for each of the following descriptions by choosing a word or a term from the list below. Write only the word or term next to the question number (5.1.1–5.1.5) in the ANSWER BOOK. Each word may only be used ONCE.

| |
|---|
| crème caramel; pancakes; mousse; crêpes; basic meringue; sponge-based; egg custard; crème brûlée; soufflé |

5.1.1 Made from milk, egg and sugar, cooked in a double boiler until it coats the back of a metal spoon

5.1.2 Baked egg custard topped with caramelised brown sugar

5.1.3 Paper-thin pancakes often served with a fruit filling

5.1.4 Desserts that can be either steamed or baked

5.1.5 Whipped egg whites, gelatine and flavourings such as fruit or chocolate that can be turned into a delicate and light pudding

(5 × 1) (5)

Below is the method for preparing Vanilla Panna Cotta. Read through the method and answer the questions that follow.

**Method**

1. For the panna cotta, soak the gelatine leaves in a little cold water until soft.
2. Place the milk, cream, vanilla pod and seeds and sugar into a pan and bring to a simmer. Remove the vanilla pod and discard.
3. Squeeze the water out of the gelatine leaves, then add to the pan and take off the heat. Stir until the gelatine has dissolved.
4. Divide the mixture among four ramekins and leave to cool. Place into the fridge for at least an hour, until set.
5. For the sauce, place the sugar, water and cherry liqueur into a pan and bring to the boil. Reduce the heat and simmer until the sugar has dissolved.
6. Take the pan off the heat and add half the raspberries. Using a hand blender, blend the sauce until smooth.
7. Pass the sauce through a sieve into a bowl and stir in the remaining fruit.
8. To serve, turn each panna cotta out onto a serving plate. Spoon over the sauce and decorate with a sprig of mint. Dust with icing sugar.

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5.2 Time and temperature plays a vital role when preparing desserts. What effect does it have on the following:

5.2.1 Customer satisfaction (3)

5.2.2 Company profit (4)

5.3 Identify the finishing methods used in this recipe. (4)

5.4 To successfully turn out a panna cotta can be difficult. You need to follow a sequence of steps.

Re-arrange the steps below in the correct order. Sentences must be written out in full.

| |
|---|
| Cover the mould with a plate.<br>Do not loosen the edges of the mould with a knife.<br>Avoid melting the dessert on the outside.<br>Lightly shake the dessert to the centre of the moistened plate.<br>Place the mould in lukewarm water for a few seconds only.<br>Put a few drops of cold water in the middle of the plate.<br>Turn it upside down and shake lightly to unmould. |

(7)

5.5 What contamination threats can you identify in the preparation method for preparing panna cotta? (8)

5.6 Explain how you will respond to each of the following unexpected situations:

5.6.1 Dessert not setting (5)

5.6.2 Fruits turning brown (4)

**[40]**

**GRAND TOTAL: 200**

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