higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

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NATIONAL CERTIFICATE

INTRODUCTORY CATERING THEORY AND PRACTICAL N4

(10070324)

18 June 2018 (X-Paper)
09:00–12:00

This question paper consists of 10 pages.

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE
INTRODUCTORY CATERING THEORY AND PRACTICAL N4
TIME: 3 HOURS
MARKS: 200

INSTRUCTIONS AND INFORMATION

1. Answer ALL the questions.

2. Read ALL the questions carefully.

3. This question paper consists of TWO sections:

SECTION A: SHORT QUESTIONS	50 marks
SECTION B: LONG QUESTIONS	150 marks
GRAND TOTAL	200 marks

4. Number the answers according to the numbering system used in this question paper.

5. Start each question on a NEW page

6. Write neatly and legibly.

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SECTION A

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 (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 (Blending/Infusing) means to extract flavour from food by steeping it in hot liquid.

1.1.2 (Table d'hôte/À la carte) means a set menu for a set price.

1.1.3 (Glacé/Glaze) means coated with frosting, usually icing sugar or sugar syrup.

1.1.4 A breakfast meal that usually consists of hot dishes is called (a continental/an English) breakfast.

1.1.5 The (carvery/meat station) is that section of the restaurant where roasted or baked joints of meat or poultry are sliced to order and serve.

1.1.6 A (deep fryer/grill) contains a depth of oil that will surround food when placed in it.

1.1.7 A (bin card/store ledger) is a document showing the quantities of goods received and issued, and is usually kept on the shelf.

1.1.8 (Firmness/Coagulation) sets protein when poaching eggs.

1.1.9 (Blanching/Boiling down) is to immerse food in rapidly boiling water for 1–2 minutes.

1.1.10 Before pasteurisation was prevalent, (scalding/boiling) was used to kill bacteria in milk.

(10 × 1) (10)

1.2 Name the appropriate measuring equipment used for measuring each of the following ingredients:

1.2.1 10 mℓ golden syrup (2)

1.2.2 2 ℓ milk (1)

1.2.3 2 cups of castor sugar (2)

1.2.4 One portion of béchamel sauce (1)

1.2.5 350 g brown bread flour (1)

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1.3 Choose a cooking method from COLUMN B to match a food item in COLUMN A. Write only the letter (A–C) next to the question number (1.3.1–1.3.3) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.3.1	Trout fillet	A	pot roast
1.3.2	Duck breast	B	stew
1.3.3	Pork goulash	C	grill

(3 × 1) (3)

1.4 State the correct use of the following apparatus. Write the function of each item next to the question number (1.4.1–1.4.10) in the ANSWER BOOK.

1.4.1 Rolling pin

1.4.2 Griddle pan

1.4.3 Cooling rack

1.4.4 Wok

1.4.5 Palette knife

1.4.6 Scissors

1.4.7 Mandolin

1.4.8 Liquidiser

1.4.9 Mallet

1.4.10 Moulds

(10 × 1) (10)
[30]

QUESTION 2

2.1 Indicate whether the following statements are TRUE of FALSE. Choose the answer and write 'true' or 'false' next to the question number (2.1.1–2.1.7) in the ANSWER BOOK. Correct the statement if it is FALSE.

2.1.1 Measuring the ingredients guarantees the correct consistency and texture. (1)

2.1.2 Measuring jugs have volume measures printed on them. (1)

2.1.3 A measuring scale is ideal for measuring liquid when baking bread. (2)

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2.1.4 All baking ingredients should be measured in millilitres (mℓ) only. (2)

2.1.5 A pinch of salt must be measured using a scale. (2)

2.1.6 When measuring water with a measuring cup, it must be measured on a flat surface. (1)

2.1.7 When measuring flour, we may use a measuring spoon or a scale. (1)

2.2 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 (2.2.1–2.2.10) in the ANSWER BOOK.

2.2.1 The metric volume of half a cup:

A 125 mℓ
B 150 mℓ
C 200 mℓ
D 250 mℓ

2.2.2 A recipe is …

A a method to follow when cooking.
B a set of instructions used for preparing and producing food.
C what should not be done when preparing food.
D steps to follow when making drinks only.

2.2.3 The layout of a recipe …

A makes it complicated to prepare certain dishes.
B makes it easier to read a recipe when preparing it.
C only has the method of preparation.
D is the list of ingredients only.

2.2.4 Ingredients on the ingredients list may be grouped as …

A critical, non-critical and semi-critical.
B important, critical and valuable.
C valuable, semi-critical and critical.
D non-critical, valuable and important.

2.2.5 Ghee may be measured using …

A a scale and a measuring spoon.
B measuring spoons only.
C a scale only.
D a measuring jug only.

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2.2.6 A gravity slicer is used to …

A cut onion and mushrooms.
B slice bread.
C slice meats and cold meats.
D cut tomato slices.

2.2.7 The function of a corer is to …

A remove the core from fruits.
B make decorative designs on food.
C cut out garnishes.
D cut fruits when there is no knife.

2.2.8 When draining liquid from cooked vegetables, a … should be used.

A sieve
B colander
C spider
D bain-marie insert

2.2.9 The correct procedure to follow when cleaning a chef's knife is to …

A soak the knife in warm soapy water.
B only wash it in clean cold water.
C wash the knife immediately and never soak it in water.
D wipe it down with a disposable paper towel.

2.2.10 The cleaver is used …

A to cut large cuts of meat with bone.
B to cut fresh herbs.
C as a utility knife when working in the kitchen.
D when working in the carvery.

(10 × 1) (10)
[20]

TOTAL SECTION A: 50

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SECTION B

QUESTION 3

3.1 Explain the term *moist heat*. (1)

3.2 Give TWO examples of the moist-heat cooking method. (2)

3.3 Give the rules you will follow when …

3.3.1 steaming.

3.3.2 poaching.

(2 × 3) (6)

3.4 Explain the term *combination cooking method* and give TWO examples of this method of cooking. (2 × 2) (4)

3.5 Describe the effect of heat on …

3.5.1 a mixture of maize meal and water.

3.5.2 a T-bone steak.

(2 × 3) (6)

3.6 Give the cooking method that would best suit each of the following foods:

3.6.1 Banana cake

3.6.2 Steamed bread

3.6.3 Fish cake

(3 × 2) (6)

3.7 Give TWO methods that can be applied to prevent the loss of nutrients during food preparation. (2 × 2) (4)

3.8 State the advantages of the following cooking methods:

3.8.1 Boiling

3.8.2 Grilling

3.8.3 Stewing

(3 × 2) (6)

3.9 List the information that should appear on food labels. (5)

3.10 Name FIVE places where food can be bought. (5)

3.11 Name FIVE guidelines to be followed when buying food. (5)

[50]

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QUESTION 4

4.1 State FIVE factors that influence food prices. (5)

4.2 Give FOUR guidelines to be kept in mind for the planning of a budget. (4)

4.3 How would you receive canned products correctly according to procedure? (5)

4.4 What is a *balanced diet*? (2)

4.5 Give FOUR factors that influence the planning of a meal. (4)

4.6 Define the following menu-planning terms:

4.6.1 Menu

4.6.2 Course

(2 × 2) (4)

4.7 Given the following dishes, draft a table d'hôte THREE-course lunch meal.

2017-09-05

Potato croquettes
Orange sauce
Roast duck
Cinnamon butternut
Minted peas

Strawberry cheesecake with a nutty praline

Menu

Spinach and feta phyllo parcel with a zesty dressing (12)

4.8 Explain FIVE rules for formally setting out a menu. (5)

4.9 Explain how the coating of food is done and name TWO food products that may be coated. (5)

4.10 Give TWO reasons for the pricking of food. (2 × 2) (4)

[50]

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QUESTION 5

5.1 Give THREE reasons why we glaze food. (3)

5.2 How would a brinjal be coated before cooking? (2 × 2) (4)

5.3 Explain what criteria you would use when selecting the appropriate apparatus for your industrial kitchen. (5)

5.4 Give FOUR features which make for a well-planned storeroom. (4)

5.5 Explain how you would clean each of the following items correctly:

5.5.1



(4)

5.5.2



(3)

5.5.3



(4)

5.6 Discuss the good practice that should be followed for the cleaning of a refrigerator. (5)

5.7 Answer the following questions, which are based on the recipe given below.

Chakalaka Muffins

Yields 12 muffins

Ingredients	Method
500 mℓ cake flour 10 mℓ baking powder 1 mℓ salt 5 mℓ garlic-and-herb spice 2 extra-large eggs 100 mℓ cooking oil 200 mℓ milk 200 mℓ chakalaka mix 100 g cheddar cheese	1. Grease a muffin tin very well and preheat oven to 180 °C. 2. Sift together flour, baking powder, spices and salt. 3. In another bowl whisk oil and milk, and beat together with eggs. 4. Make a well at the centre of the dry ingredients and pour in the liquid; fold this mixture into the flour and add the chakalaka mix; stir gently, and combine the ingredients with a wooden spoon; stir no more than seven times. 5. Spoon the mixture into the muffin tray using a spoon. 6. Bake at 180 °C for 20–25 minutes, and reduce to 160 °C for the last 15 minutes. 7. Serve warm with grated cheese.

5.7.1 What information does one need to know before adjusting a recipe for large-scale cooking? (3)

5.7.2 Adjust the recipe above to yield 200 muffins. (9)

5.7.3 Name ONE critical ingredient from the recipe given. (1)

5.8 Discuss the procedure to be followed when measuring margarine to ensure that it is measured correctly. (5)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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