higher education & training

Department:
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REPUBLIC OF SOUTH AFRICA

N760**(E)**(J10)H

NATIONAL CERTIFICATE

INTRODUCTORY CATERING THEORY AND PRACTICAL N4

(10070324)

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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. Number the answers according to the numbering system used in this question paper.
4. Write neatly and legibly.

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SECTION A

QUESTION 1

1.1 Choose a description from COLUMN B that matches a word/term in COLUMN A. Write only the letter (A–E) next to the question number (1.1.1–1.1.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.1.1	Simmer	A	cooking food in oil that covers it
1.1.2	Shallow frying	B	cooking food at a low heat
1.1.3	Deep frying	C	cooking in a small amount of oil
1.1.4	Boil	D	cooking food over direct heat with no liquid
1.1.5	Grill	E	cooking food in liquid at high temperature

(5 × 1) (5)

1.2 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (1.2.1–1.2.10) in the ANSWER BOOK. Correct the statement if it is FALSE.

1.2.1 A dessert spoon is used to measure oil when cooking.

1.2.2 A measuring jug is used to measure liquids.

1.2.3 Scales are used to measure kilograms.

1.2.4 Basting means adding flavour to meat by using a brush to spread the flavour.

1.2.5 Cutting in during baking is achieved by using your hands only.

1.2.6 Blanching means immersing vegetables in boiling water for a brief period.

1.2.7 Measuring ingredients is not important as long as it is the correct brand.

1.2.8 Julienne cuts are large strips of vegetables.

1.2.9 Whipping is a mixing method that incorporates air into the mixture.

1.2.10 Straining means using a sieve to remove large particles.

(15)

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1.3 Various options are given as possible answers to the following statements. Choose the answer and write only the letter (A–D) next to the question number (1.3.1–1.3.10) in the ANSWER BOOK.

1.3.1 Measuring volume refers to measuring…

A liquid.
B solid ingredients.
C fruits.
D rice and pap.

1.3.2 A scale is referred to as…

A kitchen equipment.
B industrial equipment.
C measuring equipment.
D kitchen apparatus.

1.3.3 A credit note is a note given …

A to friends.
B by the supplier in respect of short delivered stock.
C by a customer to the supplier for the correct quantity delivered.
D by the supplier for money paid by the customer.

1.3.4 The moist heat cooking method is a method of cooking where… is used as a cooking medium.

A oil
B dry heat
C fat
D liquid

1.3.5 A stock keeper is the person responsible for managing…

A staff.
B staff transport.
C stock and ensuring proper stock rotation.
D stock the supplier is yet to deliver.

1.3.6 Supper is …

A a meal eaten in the morning.
B eaten as a snack.
C a meal during which only dessert and a starter is served.
D less formal than dinner.

1.3.7 A menu…

A is a list of food options on offer.
B is only offered at banquets.
C may only be seen by the host.
D includes all food on offer, including beverages.

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1.3.8 A recipe is used…

A to check that all ingredients were used in making a dish.
B in the preparation of dishes.
C only a tool for buying ingredients.
D by chefs only.

1.3.9 Sealing steak is when…

A liquid is used to cook steak.
B flammable liquid is used in preparing steak.
C both sides of the steak are browned.
D steak is cooked covered in mushroom sauce.

1.3.10 An invoice is a document…

A received in respect of payments made.
B used when placing orders.
C used to record extra stock received.
D used when returning incorrect stock to a supplier.

(10 × 1) (10)

1.4 Draw the table in your ANSWER BOOK and complete it by filling in the missing information, using the table below:

Veal; Chocolate; Strawberry jam; Apple; Pasta; Cauliflower; Ice cream; Snoek; Cheddar cheese; Whole-wheat bread

1.4.1

Fats and Oil Group	Milk and Dairy Group	Meat and Protein Group	Fruit and Vegetable Group	Starch and Cereal Group
(a)	(c)	(e)	(g)	(i)
(b)	(d)	(f)	(h)	(j)

(5 × 2) (10)

1.5 Identify and state the correct use of each of the apparatuses below.

1.5.1



1.5.2



1.5.3



1.5.4



1.5.5



(5 × 2) (10)

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 Answer the following questions in your ANSWER BOOK based on the recipe given below:

BANANA MUFFIN



INGREDIENTS

- 160 g all-purpose flour
- 5 mℓ baking powder
- 5 mℓ baking soda
- 2,5 mℓ teaspoon salt

3 large bananas, mashed

150 g white sugar

1 egg

78mℓ butter, melted

DIRECTIONS

1. Preheat oven to 175 °C. Coat muffin pans with non-stick spray or use paper liners. Sift together the flour, baking powder, baking soda and salt; set aside.
2. Combine bananas, sugar, egg and melted butter in a large bowl. Fold in flour mixture, and mix until smooth. Scoop into muffin pans.
3. Bake in preheated oven. Bake mini muffins for 10 to 15 minutes and large muffins for 25 to 30 minutes. Muffins will spring back when lightly tapped.

2.1.1 Discuss the layout of this recipe. (3)

2.1.2 What will be the effect of heat on the muffin mixture? (4)

2.1.3 Name the steps one should follow when receiving banana from a supplier. (4)

2.1.4 Which nutrient is found in the banana in the recipe? (2)

2.1.5 Why is it not possible to *blind bake* the banana muffins? (4)

2.1.6 Explain the term *mashing,* as used in the recipe. (3)

2.1.7 How would you clean the muffin tray correctly after baking? (3)

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2.1.8 Discuss how the melted butter should be measured using a measuring cup. (4)

2.1.9 Name THREE points that would influence the price of bananas. (3)

2.2 Adjust the recipe below to serve 200 people. Complete the table in your ANSWER BOOK.

INGREDIENTS	SERVES 8	SERVES 200
Ginger biscuits, crushed	200 g	
Butter	80 g	
Brown sugar	200 g	
Milk	125 mℓ	
Salt	3 mℓ	
Fresh cream	250 mℓ	
Cherries, chopped	10 g	
Strawberries, quarters	20 g	
Mint chocolate, roughly chopped	80 g	
Mint chocolate for grating on top	40 g	

(10 × 1) (10)

2.3 State FOUR reasons why food should be cooked. (4)

2.4 Name THREE ways to prevent nutrient loss during cooking. (3)

2.5 List THREE reasons for measuring ingredients. (3)
[50]

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QUESTION 3

3.1 Use the following dishes below to compile an example of a three-course menu for lunch.

duck confit spring roll; lamb shank 19-11-2018; vanilla panacotta; shortbread tuile; raspberry sauce; sweet potato mash; sweet and sour green bean and carrot medley; beetroot salad

(12)

3.2 Name FIVE features of a well-planned store room. (5)

3.3 Why is stewing the best cooking method to prepare a lamb shank? (4)

3.4 Name THREE causes of nutrient loss when cooking vegetables. (3)

3.5 Which SIX tasks would you perform if you were a storekeeper? (6)

3.6 State FIVE points one should adhere to when handling a food processor. (5)

3.7 Explain how you would select the most appropriate equipment. (3 × 2) (6)

3.8 Discuss how one should measure fresh cream to prevent incorrect measuring. (5)

3.9 What is the effect of heat on eggs when preparing egg custard? (4)

[50]

QUESTION 4

4.1 Explain how you would clean the following small food preparation utensils to ensure you adhere to the correct hygiene standards.

4.1.1 Whisk (2)

4.1.2 Utility knife (3)

4.1.3 Glass measuring jug (2)

4.1.4 Chopping board (3)

4.1.5 Apple corer (2)

4.2 What is a *balanced diet*? (5)

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4.3 Use the banana muffin recipe in QUESTION 2 above and identify the following:

OBVIOUS INFORMATION	CONCEALED INFORMATION

(3 × 2) (6)

4.4 Discuss the food items one can purchase at the following food outlets:

4.4.1 Butchery

4.4.2 Bakery

(2 × 3) (6)

4.5 Name FOUR guidelines you would adhere to when planning a budget. (4)

4.6 What is the effect of heat on starch? (4)

4.7 Explain TWO advantages of each of the following cooking methods:

4.7.1 Braising

4.7.2 Pot-roasting

(2 × 2) (4)

4.8 Why is it necessary to cook food such as butternut before eating it? (3)

4.9 Name SIX pieces of information one may found on a food label. (6)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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