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higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N700(E)(M31)H
**JUNE EXAMINATION**

# NATIONAL CERTIFICATE

# INTRODUCTORY CATERING THEORY AND PRACTICAL N4

(10070324)

**31 May 2013 (X-Paper)**
**09:00–12:00**

**This question paper consists of 9 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

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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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## 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 Standard measuring spoons contain the following sizes:

A 1 mℓ ; 2 mℓ ; 7 mℓ ; 8 mℓ
B 2 mℓ ; 7 mℓ ; 9 mℓ ; 18 mℓ
C 2 mℓ ; 5 mℓ ; 1 mℓ ; 12,5 mℓ
D 3 mℓ ; 6 mℓ ; 8 mℓ ; 17 mℓ

1.1.2 The average mass of one cup of flour is …

A 130 g.
B 120 g.
C 150 g.
D 110 g.

1.1.3 A bratt pan is used for …

A deep fat-frying.
B braising.
C baking.
D grilling.

1.1.4 The normal body temperature is known as blood …

A state.
B temperature.
C heat.
D point.

1.1.5 A fruit that is rich in vitamin A:

A Kiwi
B Apple
C Mango
D Melon

1.1.6 Basic food groups are classified according to their …

A vitamins.
B nutritional value.
C functions.
D similarities.

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1.1.7 Fruit and vegetables are graded into class according to numbers. Which class number represents interior quality?

A 2
B 3
C 1
D 4

1.1.8 A ... form must be completed when obtaining goods from a store-room.

A requisition
B order
C delivery
D stock

1.1.9 An example of a chain store is ...

A entrepreneurs.
B fresh produce markets.
C wholesalers.
D retailers.

1.1.10 A salamander is an example of ... equipment.

A large
B small
C mechanical
D mixing

(10 × 1) (10)

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 (1.2.1–1.2.5) in the ANSWER BOOK.

1.2.1 A potato peeler may be used as a zester.

1.2.2 Canelle cutters are used to remove skins from fruit.

1.2.3 Large amounts of water must not be used during the cooking of vegetables.

1.2.4 A meat cleaver removes bones.

1.2.5 Ladles are small equipment items.

(5 × 1) (5)

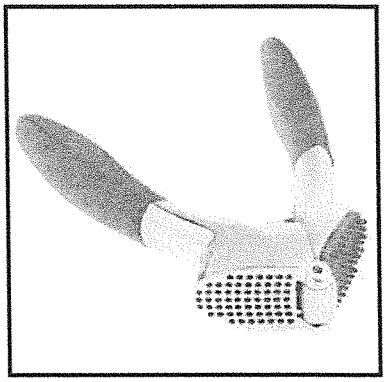
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1.3 Identify the following equipment and indicate ONE use or function of each.

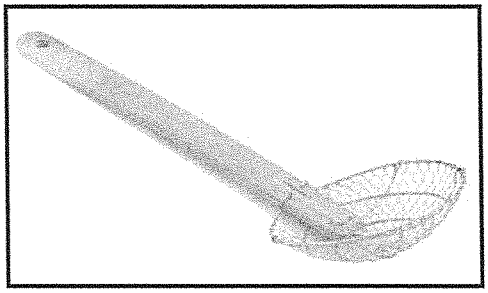
1.3.1



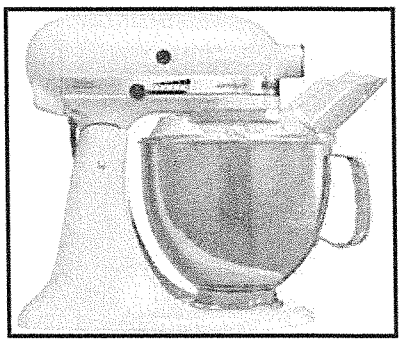
1.3.2



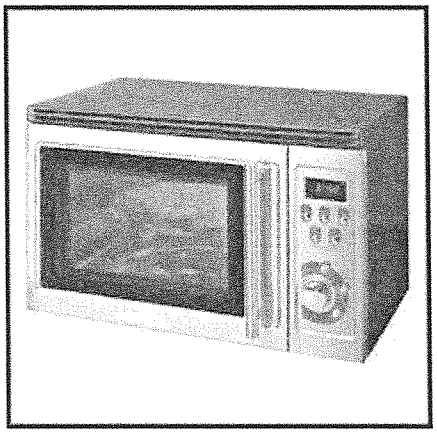
1.3.3



1.3.4



1.3.5



(5 × 2) (10)

1.4 Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (1.4.1–1.4.15) in the ANSWER BOOK.

1.4.1 With a large knife food is cut into thin slices

1.4.2 Moving ingredients in a circular movement until combined

1.4.3 To concentrate or thicken a liquid by boiling it rapidly

1.4.4 Pan-frying lightly and quickly

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1.4.5 To heat milk to just below boiling point

1.4.6 A term often used for the pleasant flavour of food

1.4.7 To cut meat into slices, usually against the grain

1.4.8 A term to cover food completely with a specific ingredient

1.4.9 Preparation of food using heat to make it edible

1.4.10 Sprinkle evenly and lightly with icing sugar

1.4.11 Dividing fish into coarse pieces using two forks

1.4.12 A guide to quality when purchasing meat

1.4.13 A food dish made of vegetables that we pressed to a pulp

1.4.14 Dry ingredients are combined with butter using a knife

1.4.15 To extract flavour from food by steeping in hot liquid

(15 × 1) (15)

1.5 Choose ONE nutrient and ONE function from COLUMN B to match each of the food groups in COLUMN A. Write only the letter (A—K) next to the question number (1.5.1–1.5.5) in the ANSWER BOOK.

| COLUMN A | | COLUMN B | |
|---|---|---|---|
| 1.5.1 | Fats and oils | A | calcium |
| 1.5.2 | Grain and grain products | B | repair muscle tissue |
| 1.5.3 | Fruit and vegetables | C | protect against diseases |
| 1.5.4 | Meat and meat products | D | provide heat and energy |
| 1.5.5 | Milk and milk products | E | vitamin C |
| | | F | builds strong bones and teeth |
| | | G | vitamin K |
| | | H | proteins |
| | | I | starch |
| | | J | protects internal organs |
| | | K | minerals |

(10 × 1) (10)

**[50]**

**TOTAL SECTION A: 50**

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## SECTION B

## QUESTION 2

2.1 Measurement of ingredients is very important when following a recipe.

What apparatus would you use to measure the following ingredients:

2.1.1 15 mℓ honey

2.1.2 25 mℓ milk

2.1.3 225 g butter

(3 × 1) (3)

2.2 Explain the procedure to ease the measuring of the honey stated in QUESTION 2.1.1. (2)

2.3 Briefly explain what a recipe is. (2)

2.4 Study the passage below and then answer the questions.

**Melting Moments**

100 g castor sugar
180 mℓ butter
85 mℓ icing sugar
5 mℓ vanilla essence
85 mℓ corn flour
250 mℓ cake flour
10 g glace cherries (optional)
50 mℓ icing sugar for dusting

1. Preheat the oven to a moderate temperature and prepare a baking sheet.
2. Cream the butter, castor sugar, icing sugar and vanilla essence.
3. Fold-in the sifted dry ingredients until combined.
4. Spoon the mixture into a piping bag fitted with a fluted nozzle, pipe rosettes on to prepared tray.
5. Bake for 15 min or until lightly golden brown.
6. Dust with icing sugar.

Optional: Before baking, top with half a glace cherrie.

Allow to cool and store in an airtight container.

YIELD: 50

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Identify the following from the recipe above:

2.4.1 TWO examples of non-critical ingredients (2)

2.4.2 THREE types of general information (3)

2.4.3 How would the fat be measured accurately when using a measuring cup? (3)

2.4.4 EIGHT small apparatus needed to make this recipe (8)

2.5 Briefly explain the terms mentioned in the method.

2.5.1 Creaming (2)

2.5.2 Fold-in (2)

2.6 What temperature in degrees Celsius would be a moderate oven? (1)

2.7 Decrease all the ingredients in the recipe given above to yield only 30 biscuits. Use the factor method and show all your calculations and the formula. (22)
**[50]**

**QUESTION 3**

3.1 Explain the correct procedure to follow when cleaning a deep-fat fryer. (12)

3.2 Food can be purchased directly or indirectly. Draw a diagram to illustrate this. (10)

3.3 Explain the purpose of a basic food group plan. (3)

3.4 Name the EIGHT rules to follow when planning meals. (8)

3.5 Define the term *course* which is frequently used in the hospitality industry. (2)

3.6 Design a menu for a THREE-course main meal. (5)

3.7 Name FOUR combination methods of cooking. (4)

3.8 Explain how to prevent nutrient loss when preparing vegetables. (6)
**[50]**

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## QUESTION 4

4.1 Name the specific information found on food labels. (15)

4.2 Briefly describe the following:

4.2.1 Short-term goals

4.2.2 Intermediary goals

4.2.3 Long-term goals

(3 × 1) (3)

4.3 State the importance of having an efficient storekeeper. (3)

4.4 Describe the term *dry heat*. (1)

4.5 State FIVE different dry-heat cooking methods. (5)

4.6 What rules must be kept in mind when oven-roasting a leg of lamb. (8)

4.7 State the advantages stewing will have on a tough cut of meat. (6)

4.8 Discuss the effect of moist heat on the following carbohydrates.

4.8.1 Starch (3)

4.8.2 Sugar (2)

4.8.3 Cellulose (4)

**[50]**

**TOTAL SECTION B: 150**
**GRAND TOTAL: 200**

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