higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

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 food group from COLUMN B that matches a food item in COLUMN A. Write only the letter (A–G) next to the question number (1.1.1–1.1.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.1.1	Feta cheese	A	protein and meat group
1.1.2	Fudge sweet	B	fruit and vegetable group
1.1.3	Bagel sandwich	C	fat and oil group
1.1.4	Garden salad	D	starch and cereal group
1.1.5	Prego steak	E	healthy group
		F	milk and dairy group
		G	meat and dairy group

(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 (1.2.1–1.2.7) in the ANSWER BOOK. Correct the statement if it is FALSE.

1.2.1 A stock sheet is a document that details all the information of the stock at hand.

1.2.2 Delivery notes are received when the supplier delivers stock.

1.2.3 A credit note is issued if the stock supplied is correct.

1.2.4 A freezer is used to store food at a temperature below -18 °C.

1.2.5 A bin card is used to record the amount of waste thrown out.

1.2.6 A store ledger is used to record the stock movement in the storeroom.

1.2.7 It is not the responsibility of the stock keeper to ensure that FIFO is applied in the storeroom.

(10)

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1.3 State the most important nutrient found in each of the following foods:

1.3.1 Banana

1.3.2 Ox liver

1.3.3 Spinach

(3 × 2) (6)

1.4 Choose a description from COLUMN B that matches a cooking term in COLUMN A. Write only the letter (A–K) next to the question number (1.4.1–1.4.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.4.1	Binding	A	sifting a fine ingredient, such as icing sugar over a dish for a finishing
1.4.2	Deboning	B	finishing food with a shiny, glossy look
1.4.3	Dusting	C	sprinkled with cheese and browned
1.4.4	Chilling	D	adding an egg for a firm content of a quiche
1.4.5	Glazing	E	soaked in a flavoured liquid to extract the flavour
1.4.6	Trussing	F	tying a chicken to keep its shape until it is well done
1.4.7	Au gratin	G	mixing an ingredient into a mixture using a number 8 movement
1.4.8	Infusing	H	placing food in the fridge to reduce the temperature of the food
1.4.9	Folding in	I	placing a solution containing gelatin, into a moulded container
1.4.10	Moulding	J	removing the bone from a large cut of meat
		K	stirring, using a wooden spoon

(10 × 1) (10)

1.5 What is the following apparatus used for when making an apple crumble?

1.5.1 Apple corer

1.5.2 Mixing bowl

1.5.3 Pot

1.5.4 Tart pan

1.5.5 Rolling pin

1.5.6 Fork

(6 × 2) (12)

1.6 Indicate if the refreshments below are suitable for morning or afternoon tea. Only write 'Morning' or 'Afternoon' next to the question number (1.6.1–1.6.7) in the ANSWER BOOK.

1.6.1 Omelette

1.6.2 Rich pastries

1.6.3 Petit fours

1.6.4 Sandwiches

1.6.5 Muffins

1.6.6 Cream and jam scones

1.6.7 Fruit salad

(7 × 1) (7)

[50]

TOTAL SECTION A: 50

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SECTION B

QUESTION 2

2.1 Study the following kitchen apparatus and answer the questions.



2.1.1 Name the apparatus in the picture. (2)

2.1.2 State FIVE benefits of using the above apparatus in the kitchen. (5)

2.1.3 Which FOUR food items can be weighed using this tool? (4)

2.1.4 Is it possible to weigh 6 litres of fruit on this apparatus? Give a reason for your answer. (3)

2.1.5 How should this apparatus be cleaned? (3)

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2.2 Read the cheese soufflé recipe and answer the questions.



INGREDIENTS

- 20 g butter, softened
- 90 g dried breadcrumbs
- 30 g butter, extra
- 40 g plain flour
- 310 mℓ milk
- 160 g grated vintage cheddar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon cayenne pepper
- 4 large eggs, separated

METHOD

Step 1
Preheat oven to 200 °C. Place an oven tray in the oven to preheat. Brush the base and sides of four 1 1/2 cup (375 mℓ) ramekins with butter to grease. Sprinkle the breadcrumbs in the ramekins and rotate to coat each base and sides with breadcrumbs. Turn ramekins upside down and gently tap to remove excess crumbs.

Step 2
Melt the extra butter in a saucepan over medium heat until foaming. Add the flour and cook, stirring, for 2 minutes or until mixture bubbles and starts to come away from the side of the pan. Remove from heat and add half the milk. Use a balloon whisk to whisk until the mixture is smooth. Add remaining milk and whisk until smooth. Return to heat and cook, stirring for 3 minutes or until mixture boils and thickens. Remove from heat. Add the cheese, mustard and pepper and stir until cheese melts and mixture is smooth.

Step 3
Add the egg yolks and stir until well combined. Season with salt and pepper. Use an electric mixer to whisk the egg whites in a clean, dry bowl until soft peaks form.

Step 4
Add one-quarter of the egg whites to the cheese mixture and use a metal spoon to fold in until just combined. Add the remaining egg whites and gently fold in until just combined.

Step 5
Pour the cheese mixture into the ramekins and smooth the tops. Run your finger around the inside rim of each ramekin, about 2 cm into the soufflé (this will help the soufflé rise more evenly and give a top hat appearance). Place the soufflé on the preheated oven tray and bake for 10 minutes or until golden brown and puffed. Serve immediately.

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2.2.1 Explain what a *recipe* is. (3)

2.2.2 Discuss the layout of the cheese soufflé recipe by copying and completing the following table in the ANSWER BOOK.

LIST OF INGREDIENTS	METHOD	GENERAL INFORMATION

(3 × 3) (9)

2.2.3 Analyse the cheese soufflé recipe by stating *concealed* and *obvious* information in table form. (2 × 3) (6)

2.2.4 How would you adjust this recipe that serves 6, to cook for a group of 120 customers? Show the formula and calculations. (5)

2.3 State FIVE possible things that can cause nutrient loss during the preparation of the cheese soufflé. (5)

2.4 In which FOUR ways can the loss of nutrients be prevented when preparing the cheese soufflé? (4)

2.5 Name ONE nutrient found in cheese. (1)

[50]

QUESTION 3

3.1 What is the effect of heat on the following products:

3.1.1 Maize meal

3.1.2 Pineapple

3.1.3 Cooking oil

3.1.4 Steak

3.1.5 Milk

(5 × 2) (10)

3.2 Give THREE reasons for cooking food. (3)

3.3 Discuss each of the following cooking methods:

3.3.1 Pot-roasting (3)

3.3.2 Steaming (2)

3.3.3 Grilling (2)

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3.4 Explain how you would prepare mushrooms when using each of the following cooking methods:

3.4.1 Deep frying (4)

3.4.2 Shallow frying (3)

3.5 Name THREE examples of food that may be cooked using the *boiling* method. (3)

3.6 Copy the following table in the ANSWER BOOK and complete the missing information:

APPARATUS	USES	CLEANING PROCEDURE
Oven	3.6.1 … (1)	3.6.2 … (2)
Fridge	3.6.3 … (1)	3.6.4 … (2)
Flat-top griddle	3.6.5 … (1)	3.6.6 … (2)
Deep-fat fryer	3.6.7 … (1)	3.6.8 … (2)

(12)

3.7 Which FIVE points would you keep in mind when selecting equipment to be used in the kitchen? (5)

3.8 Explain the correct way of handling a chef's knife. (3)

[50]

QUESTION 4

4.1 Name FOUR places where food may be purchased. (4)

4.2 Which criteria would you use when selecting a place to purchase food? (4)

4.3 Discuss THREE factors that influence the price of food. (3 × 2) (6)

4.4 Answer the following questions regarding the receiving and storing of food and goods:

4.4.1 Name THREE points to be adhered to when receiving goods. (3)

4.4.2 Explain why efficient storekeeping is necessary. (3)

4.5 State FIVE rules for setting up a formal menu. (5)

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4.6 Explain the following terms:

4.6.1 Menu (3)

4.6.2 Course (2)

4.6.3 Balanced diet (3)

4.7 Explain the function of a *marinade* for meat. (4)

4.8 What is the difference between *mashing* and *pureeing*? (2 × 2) (4)

4.9 State THREE advantages of sifting flour when baking. (3)

4.10 Why must food be coated? (3)

4.11 What is *cutting in* when making a pastry? (3)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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