higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

INTRODUCTORY CATERING THEORY AND PRACTICAL N4

22 October 2020

This marking guideline consists of 7 pages.

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SECTION A

QUESTION 1

1.1
1.1.1 C
1.1.2 D
1.1.3 F
1.1.4 A
1.1.5 B

(5 × 2) (10)

1.2
1.2.1 False
1.2.2 True
1.2.3 False
1.2.4 False
1.2.5 True
1.2.6 False
1.2.7 True
1.2.8 True
1.2.9 True
1.2.10 False

(10 × 1) (10)

1.3
1.3.1 Salamander
1.3.2 Stainless steel tongs
1.3.3 Ice-cream machine
1.3.4 Griddle pan
1.3.5 Measuring spoons

(5 × 2) (10)

1.4
1.4.1 C
1.4.2 A
1.4.3 B
1.4.4 E
1.4.5 D

(5 × 2) (10)

1.5

OBVIOUS INFORMATION	CONCEALED INFORMATION
• Soak gelatine. • Use a pan to simmer. • Take off the heat when adding gelatine. • Reduce the water and liqueur mixture. • Use a blender to blend the sauce smooth.	• Temperature to seal milk mixture • Stirring the milk mixture as it is simmering • How long to simmer milk mixture • Ramekin sizes • Temperature to boil water and liqueur mixture

(5 × 2) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1
- Fruit and vegetables
- Cereals
- Fats and oils
- Meat and meat products
- Milk and dairy (5)

2.2 A balanced diet is a healthy diet✓ that provides the body with essential nutrients✓ in the right amounts✓ as needed by the body for optimum functioning.✓ (4)

2.3 2.3.1
- Nutritional requirements
- Target audience
- Age
- Health state

2.3.2
- Type of function
- Time of day
- Resources available
- Target audience
- Time available (Any FOUR) (4 × 2) (8)

2.4 A set of dishes served together forming a successive part of a meal (2)

2.5

MENU✓

LUNCH✓

2019-04-16✓

Cream of mushroom soup✓

Rosemary lamb chop✓
served with
Brown-onion gravy✓
Crushed sweet potato✓
Cinnamon butternut✓
Beetroot and feta salad✓

Malva pudding
served with
toffee custard✓

✓Space (11)

2.6 The combination cooking method is used where two cooking methods are applied to the food being cooked.✓✓ Pot-roasting entails the browning of meat before covering it to cook using moist heat.✓✓ (4)

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2.7 2.7.1 Softens the texture and makes the apple sweeter (2)

2.7.2 Softens the rice making it more digestible and improving the taste (2)

2.7.3
- Heats up oil✓
- Excessive heat causes oil to smoke✓
- Blue haze appears✓ and oil is denatured✓ (4)

2.8
- Softens the texture
- Improves the taste
- Improves digestibility
- Improves appearance of food (4)

2.9
- Steam vegetables and avoid cooking in too much water.
- Use water in which vegetables were boiled when making gravies.
- Do not use acids like bicarbonate of soda when cooking vegetables.
- Avoid frying food. (4)

[50]

QUESTION 3

3.1
- Boiling
- Steaming
- Simmering
- Stewing (Any 3 × 1) (3)

3.2
- Nutrients could be lost if food is prepared incorrectly by cutting and soaking food for long periods of time or using acids such as bicarbonate of soda.
- Overcooking or incorrect cooking procedures could also cause nutrients to be lost, e.g. boiling vegetables too long. (2 × 2) (4)

3.3

ORDER BOOK	INVOICE
• No prices • Desired quantities • Found in the storeroom	• Prices • Actual quantities • Received once stock has been delivered

(Any 2 + any 2) (4)

3.4
- Shiny skin
- No foul or unpleasant smell
- Glossy and shiny eyes
- Intact scales
- Red gills (Any 4 × 1) (4)

3.5
- Prevents theft
- Minimises expired stock
- Ensures a clean storeroom
- Ensures stock is packed kind by kind
- Prevents over-ordering (Any 3 × 2) (6)

3.6
- Make sure the vegetables order is according to the order book.
- Check and ensure that vegetables are fresh.
- Weigh the vegetables.
- Check for bruises and cuts.
- Sign the delivery note once satisfied that the order is correct. (5)

3.7
- Name of product
- Expiry date
- Nutritional information
- Name of manufacturer
- Address of manufacturer
- Ingredients
- Cautionary information, e.g. potential allergies (Any 5 × 1) (5)

3.8 A card used to control stock kept in the storeroom (2)

3.9
- Cleans the storeroom
- Issues stock
- Counts stock
- Manages the day-to-day running of the storeroom (Any 3 × 1) (3)

3.10
- Prevents waste
- Gets the perfect product
- Gets the correct yield
- Controls stock
- Gets consistency (5)

3.11
- Scale
- Measuring spoons
- Measuring cups (3)

3.12
- Make sure the measuring cup is on a flat surface.
- Bend to eye level to check the level.
- Make sure there are no air bubbles when pouring oil into the measuring cup. (3)

3.13 A set of instructions for preparing a particular dish✓ including a list of ingredients required✓✓ (3)

[50]

QUESTION 4

4.1 4.1.1 Marinating is done by immersing food, usually meat, into a flavoured acid-based liquid✓ to add flavour and soften the food.✓✓ (3)

4.1.2 Pureeing is means blending food, usually fruit or vegetables, into a semiliquid state. (2)

4.1.3 Sealing is the browning of raw meat on a hot pan to lock the juices inside before cooking. (2)

4.1.4 Au gratin is a dish topped with bread crumbs or grated cheese and then browned under a salamander. (2)

4.2 4.2.1 Unplug from the power source and take out the glass tray inside the microwave. Use warm soapy water to wipe down and sterilise. Allow to air-dry. (3)

4.2.2 Unplug from the power source, dismantle the blender, wash the small pieces in warm soapy water, and wipe down the electrical part. (3)

4.2.3 Use warm soapy water to wash the paring knife then rinse and allow to air-dry. (2)

4.3
- Food may be thickened using a roux.
- Sauces may be used to thicken food such a demiglace. (2 × 2) (4)

4.4 To fry quickly in a little hot fat (usually vegetables) (2)

4.5
- Function to be performed
- Durability
- Ease of handling and use
- Availability of replacement parts (4)

4.6 4.6.1
- Avoid frying frozen foods.
- Wash the fryer as often as possible after use.
- Drain oil out of the fryer daily to facilitate easy cleaning.
- Follow the manufacturer's instructions when cleaning.
- Plug on the correct phase of power – usually three-phase.

(Any THREE)

4.6.2
- Follow the manufacturer's instructions when connecting.
- Do not wash large pieces of equipment not meant to be washed in the machine.
- Rinse and drain daily after use.

4.6.3
- Follow manufacturer's instructions when assembling.
- Do not use to cut nonfood items.
- Handle with care when cutting.
- Wash according to the manufacturer's instructions.

(Any THREE)
(3 × 3) (9)

4.7
- Place the scale on a flat surface.
- Place a bowl on the scale and press the 'tare' button to zero the scale.
- Use a cup to pour the required quantity in the bowl.
- Pour a cup at a time to get the correct quantity. (4)

4.8 **Coconut sponge cake**

INGREDIENTS	SERVES 8	SERVES 50
Softened salted butter	125 mℓ	780 mℓ✓
Vegetable oil	125 mℓ	780 mℓ✓
White sugar	375 mℓ	2,344 mℓ✓
Coconut extract	10 mℓ	63 mℓ✓
Egg whites	6	38✓
Coconut milk	375 mℓ	2,344 mℓ✓
Sour cream	62,5 mℓ	388 mℓ✓
Cake flour	875 mℓ	5,469 mℓ✓
Baking powder	20 mℓ	125 mℓ✓
Salt	2,5 mℓ	13 mℓ✓

(10)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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