higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N80**(E)**(J1)H
JUNE EXAMINATION

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N4

(10070254)

1 June 2016 (X-Paper)
09:00–12:00

This question paper consists of 11 pages.

GENERAL STUDIES

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

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

GENERAL STUDIES

INSTRUCTIONS AND INFORMATION

1. Answer ALL the questions.

2. Read ALL the questions carefully.

3. This question paper comprises 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. Answer questions clearly and use full sentences where necessary.

7. Leave a line open between answers in every subsection, for example between QUESTION 1.1 and QUESTION 1.2 (each subsection of a question need not be on a new page).

8. Write neatly and legibly.

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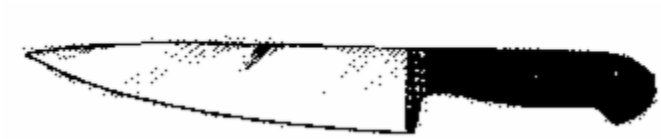
SECTION A: SHORT QUESTIONS

QUESTION 1

1.1 Identify the small kitchen equipment below. Write only the word(s) next to the question number (1.1.1–1.1.6) in the ANSWER BOOK.

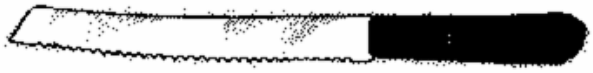
1.1.1



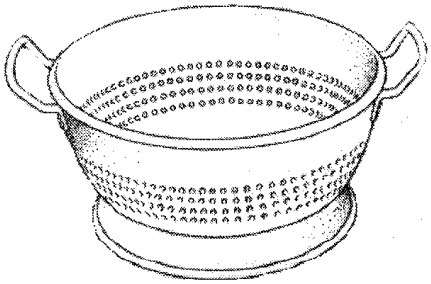
1.1.2



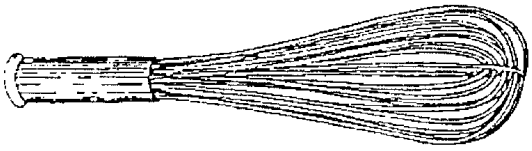
1.1.3



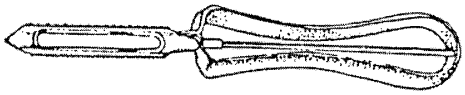
1.1.4



1.1.5



1.1.6



(6 × 1) (6)

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1.2 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 (1.2.1–1.2.10) in the ANSWER BOOK.

1.2.1 To break food by pressing it to a pulp:

A Marinate
B Sieve
C Mash
D Lard

1.2.2 Small thin pancakes, normally served in syrup:

A Crêpes
B Croûtes
C Croûtons
D Croquettes

1.2.3 This type of vegetarian eats dairy products as well as plant foods, but avoids eggs as well as meat, poultry and fish.

A Vegan
B Ovovegetarian
C Lacto-ovovegetarian
D Lacto-vegetarian

1.2.4 One ounce is equal to ...

A 100 g.
B 75 g.
C 50 g.
D 30 g.

1.2.5 Prunes wrapped in bacon and then baked or grilled:

A Compôte
B Devils on horseback
C Fool
D Wraps

1.2.6 This cereal contains no gluten and can therefore not be used for the baking of bread.

A Wheat
B Oats
C Rye
D Nutty wheat

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1.2.7 The most popular method of poaching eggs, used by restaurants and hotels:

A Deep-poaching in acidulated water
B Poaching rings
C Poaching pan
D In the oven

1.2.8 This milk can be beaten to a stiff foam when cold, and is often used in gelatine dishes.

A Buttermilk
B Pasteurised fresh milk
C Evaporated milk
D Skim milk

1.2.9 A four-week-old chicken weighing between 300 g and 500 g:

A Boiler
B Capon
C Roaster
D Spring chicken

1.2.10 A crown roast is made up out of ...

A leg of lamb.
B racks of lamb rib chops.
C shoulder of lamb.
D slices of lamb neck.

(10 × 1) (10)

1.3 Give ONE word for each of the following descriptions by choosing a word from the list below. Write only the word next to the question number (1.3.1–1.3.4) in the ANSWER BOOK.

vermicelli; farfalli; ravioli; lasagne; fusilli

1.3.1 Long rectangular sheets

1.3.2 Very fine thin strands

1.3.3 Small butterflies

1.3.4 Envelopes of pasta stuffed with meat

(4 × 1) (4)

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1.4 Choose an item from COLUMN B that matches an item in COLUMN A. Write only the letter (A–C) next to the question number (1.4.1–1.4.5) in the ANSWER BOOK. (A, B or C can be used more than once.)

COLUMN A		COLUMN B	
1.4.1	Sole	A	white fish
1.4.2	Red roman	B	moderately oily fish
1.4.3	Zebra	C	oily fish
1.4.4	Tuna		
1.4.5	Kingklip		

(5 × 1) (5)

1.5 Choose an item from COLUMN B that matches an item in COLUMN A. Write only the letter (A–F) next to the question number (1.5.1–1.5.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.5.1	Cottage cheese	A	hard cheese
1.5.2	Cheddar cheese	B	blue cheese
1.5.3	Brie	C	special cheese
1.5.4	Gorgonzola	D	soft, fresh cheese
1.5.5	Romano	E	soft, ripened cheese
		F	very hard cheese

(5 × 1) (5)

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1.6 Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (1.6.1–1.6.10) in the ANSWER BOOK.

1.6.1 A basic clarified soup

1.6.2 Small puff pastry cases

1.6.3 To cover meat with strips of fat

1.6.4 To insert strips of fat into the flesh of raw meat prior to roasting

1.6.5 Decorations placed on a savoury dish to enhance the appearance

1.6.6 A thick roux-based sauce

1.6.7 Reheated dish – a dish made up of leftovers

1.6.8 A type of grill with an element that projects heat from above, used for browning the surface of a dish

1.6.9 It is used to describe the point to which pasta should be cooked

1.6.10 Flattened chicken breast fillet, filled with ham and cheese, rolled in egg and bread crumbs and deep-fried

(10 × 1) (10)

1.7 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'true' or 'false' next to the question number (1.7.1–1.7.10) in the ANSWER BOOK.

1.7.1 Spread shortening can be used in the preparation of dough mixtures.

1.7.2 Pork is the meat from a swine/pig.

1.7.3 Fresh poultry must be used within two weeks after purchase.

1.7.4 Cook live shellfish as soon as possible after delivery.

1.7.5 Evaporated milk is the same as condensed milk.

1.7.6 The water must not cover the eggs completely when boiling eggs.

1.7.7 When folding in egg white foam into a mixture, do not stir too much, because it will cause the air bubbles to burst.

1.7.8 Use one cup of water to one cup of rice when cooking rice.

1.7.9 Tofutti is a frozen dessert eaten mainly by vegetarians.

1.7.10 A cleaver is a very heavy broad blade used for cutting through meat bones.

(10 × 1) (10)
[50]

TOTAL SECTION A: 50

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SECTION B: LONG QUESTIONS

QUESTION 2

2.1 State EIGHT quality points of fresh eggs. (8)

2.2 How should cereal products be stored? (4)

2.3 Which factors influence the whipping quality of fresh cream, ensuring that stable foam is achieved? (6)

2.4 What properties are considered when selecting whole fresh fish? (8)

2.5 The following recipe for fish cakes provides six portions. The ingredients with their respective quantities and price of each commodity alongside are as follows:

INGREDIENT	QUANTITY	PRICE PER UNIT
Sardines in tin	2 × 425 g	R12,00/425 g tin
Onion	100 g	R15,00/kg
Potatoes	250 g	R33,00/10 kg
Brown bread crumbs	250 ml	R6,99/750 ml
Eggs	1	R51,00/30 eggs

2.5.1 Do the necessary costing for the above recipe using the prices provided. Write the calculated cost of each ingredient clearly alongside the applicable item (to the nearest second decimal). (5 × 2) (10)

2.5.2 Calculate the total cost of the recipe. (2)

2.5.3 Calculate the cost per single portion. (2)

2.6 Explain the difference between the following TWO methods of cooking vegetables:

2.6.1 Steaming of vegetables

2.6.2 Sweating of vegetables

(2 × 2) (4)

2.7 When buying frozen chicken, what points are important to look out for? (4)

2.8 Name any TWO of the most popular stuffing ingredients for chicken or turkey. (2)

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QUESTION 3

3.1 Distinguish between the following TWO fish types:

3.1.1 Yellowfish

3.1.2 Yellowtail

(2 × 2) (4)

3.2 State under which CLASSIFICATION each of the following fruit types falls:

3.2.1 Strawberries

3.2.2 Apricots

3.2.3 Pineapples

3.2.4 Apples

3.2.5 Grapes

3.2.6 Litchis

3.2.7 Lemons

3.2.8 Star fruit

(8 × 1) (8)

3.3 A roux is the basis of a traditional white sauce.

3.3.1 Define the term *roux*. (3)

3.3.2 How does the preparation of a roux blanc differ from that of a roux brun? (2)

3.3.3 What are the qualities of a successful white sauce? (5)

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3.4 Egg white foam forms the basis of meringue.

3.4.1 To what stage must the egg white foam be beaten when preparing a meringue mixture for Pavlova? (1)

3.4.2 There are various factors which influence foam quality.

Recommend the type of utensils which should be used when beating egg white foam. (4)

3.4.3 Describe how to bake and finish off a Pavlova for service. (4)

3.5 Give FOUR reasons for stuffing poultry. (4)

3.6 Distinguish between the following:

3.6.1 Temporary emulsion (4)

3.6.2 Permanent emulsion (3)

3.7 State ONE use for each of the following fats in cooking:

3.7.1 Butter

3.7.2 Lard

3.7.3 Suet

3.7.4 Margarine

(4 × 1) (4)

3.8 What changes take place in fish when it is cooked? (4)
[50]

QUESTION 4

4.1 Name SIX preservation methods that can be used for fruit. (6)

4.2 Describe the UHT method of preserving milk. (6)

4.3 As chicken is one of the high-risk foods it therefore is important to work hygienically, taking the necessary safety precautions when preparing it.

Discuss the important points to adhere to so as to ensure that no food contamination can take place. (5)

4.4 State SEVEN rules to follow so as to ensure that oil used for deep-fat frying lasts longer. (7)

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4.5 Give the correct description of each of the following beef/veal menu items:

4.5.1 Steak Tartare (4)

4.5.2 Beef Wellington (4)

4.5.3 Beef Carpaccio (2)

4.5.4 Wiener Schnitzel (4)

4.5.5 Beef Stroganoff (4)

4.6 How does cooking affect the flavour of the following vegetables?

4.6.1 Onions

4.6.2 Carrots and peas

(2 × 1) (2)

4.7 Discuss SIX factors determining the cooking time of a large cut of meat, for example a leg of lamb. (6)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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