higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N70**(E)**(N16)H
NOVEMBER EXAMINATION

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N4

(10070254)

16 November 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

INSTRUCTIONS AND INFORMATION

1. Answer ALL the questions.

2. Read ALL the questions carefully.

2. This question paper comprises of TWO sections:

SECTION A:	SHORT QUESTIONS	50 marks
SECTION B:	LONG QUESTIONS	150 marks
GRAND TOTAL:		200 marks

3. Number the answers according to the numbering system used in this question paper.

4. Start each question on a NEW page.

5. Answer questions clearly and use full sentences where necessary.

6. Leave a line 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)

7. Write neatly and legibly.

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SECTION A: SHORT QUESTIONS

QUESTION 1

1.1 Various options are provided as possible answers to the following questions. Choose the answer and write only the letter (A–C) next to the question number (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 The temperature of a freezer.

A -18 to -22 °C
B -4 to -7 °C
C 4 to 7 °C
D 10 to 14°C

1.1.2 The boiling point of water at sea level is ... °C.

A 98
B 96
C 100
D 110

1.1.3 This fruit type is classified as a hard fruit.

A Peach
B Star fruit
C Quince
D Melon

1.1.4 The cereal product mainly used in the making of pasta.

A Maize
B Durum wheat
C Barley
D Rye

1.1.5 If the edible part of an egg is simmered in water, milk or cream the egg has been ...

A boiled.
B fried.
C poached.
D scrambled.

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1.1.6 The milk product with the shortest shelf-life is ... milk

A evaporated
B condensed
C pasteurised
D sterilised

1.1.7 Rollmops are ...

A curled anchovies.
B small bread rolls.
C rolled hake fillets.
D rolled herring fillets.

1.1.8 How long can you keep fresh poultry in the refrigerator?

A 2 days
B 3–5 days
C 1 week
D 1 month

1.1.9 The tenderest cut of meat from a beef carcass.

A Topside
B Silverside
C Sirloin
D Fillet

1.1.10 Which of the following fats/oils are classified as vegetable fats?

A Cream and butter
B Margarine and olive oil
C Yoghurt and dripping
D Suet and lard

(10 × 1) (10)

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1.2 Choose an item from COLUMN B that matches an item in COLUMN A. Write only the letter (A–H) next to the question number (1.2.1–1.2.10) in the ANSWER BOOK. Items in COLUMN B can be used more than once.

COLUMN A		COLUMN B	
1.2.1	Beetroot	A	flowers
1.2.2	Broccoli	B	leaves
1.2.3	Celery	C	fruit
1.2.4	Garlic	D	stems and shoots
1.2.5	Onion	E	seeds or legumes
1.2.6	Parsnip	F	tubers
1.2.7	Peas	G	roots
1.2.8	Squash	H	bulbs
1.2.9	Spinach		
1.2.10	Sweet potato		

(10 × 1) (10)

1.3 Choose the correct word(s) from those given in brackets. Write only the word(s) next to the question number (1.3.1–1.3.10) in the ANSWER BOOK.

1.3.1 The type of menu which is offered at a set price is called (A'la carte/Table d'hote).

1.3.2 Deboned sirloin of beef is called (contre filet/rib-eye).

1.3.3 (Mousse/Petit four) is a dessert of light consistency.

1.3.4 The steeping of dried fruit in a liquid to soften it is referred to as (marinating/macerating) it.

1.3.5 (Croutons/Croutes) is a pastry basket or fried slice of bread that is served with sweet or savoury fillings or toppings.

1.3.6 (Tartlets/Bouchées) are small puff-pastry cases.

1.3.7 (Pilaff/Paella) is a traditional Spanish rice dish.

1.3.8 To boil sugar and water until the colour changes is to (caramelise/reduce) it.

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1.3.9 (Florentine/Oeufs) is the French word referring to spinach.

1.3.10 The term for shallow-fried food items is (mirepoix/meuniere).

(10 × 1) (10)

1.4 Choose an item from COLUMN B that matches an item in COLUMN A. Write only the letter (A–F) next to the question number (1.4.1–1.4.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.4.1	Corned tongue	A	stewing
1.4.2	Leg of lamb	B	boiling
1.4.3	Oxtail	C	oven roasting
1.4.4	Rolled flat rib	D	grill/pan fry
1.4.5	Rump steak	E	pot roasting
		F	simmering

(5 × 1) (5)

1.5 Choose an item from COLUMN B that matches a description 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	The French term for chicken	A	boiler
1.5.2	A chicken that is usually 4 weeks old and weighs between 300 g and 500 g	B	capon
		C	double spring chicken
1.5.3	A chicken that is between 6 and 7 weeks old and weighs between 1 kg and 2 kg	D	poulet
		E	roaster
1.5.4	A chicken that weighs between 2,5 kg and 3,5 kg of which the meat is still tender and flavoursome	F	spring chicken
1.5.5	A chicken that is also known as stewing chicken, weighs between 2 kg and 2,5 kg and is a mature female chicken		

(5 × 1) (5)

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1.6 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'true' or 'false' next to the question number (1.6.1–1.6.10) in the ANSWER BOOK.

1.6.1 A skimmer is used for the removing of solid pieces from soup, stock and other liquids.

1.6.2 A palette knife is used to scrape cake mixture from a mixing bowl.

1.6.3 A blender can be used in a kitchen if no liquidiser is available.

1.6.4 A canelle knife is used for decorating oranges, lemons, carrots, etc.

1.6.5 Plums are called prunes when dried.

1.6.6 Corn flour is a mixture of white wheat flour, medium-strong flour and a soft-reacting chemical raising agent.

1.6.7 Eggs must be stored in their packing trays with the blunt end downwards.

1.6.8 Salt can curdle milk.

1.6.9 White fish contains 20% fat in their tissues.

1.6.10 The red ink (CCC) mark on a meat carcass indicates very tender meat.

(10 × 1) (10)
[50]

TOTAL SECTION A: 50

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SECTION B: LONG QUESTIONS

QUESTION 2

2.1 Explain how to cook normal white rice successfully. (8)

2.2 The ingredients listed below are sufficient to provide a meal for a family of four. The ingredients with their respective quantities and prices are given in the table.

INGREDIENT	QUANTITY	PRICE PER UNIT.
Beef mince	750 g	R 69/kg
Yoghurt (fruit)	700 g	R 6,49/175 g
White bread slices	8 slices	R 11,99/22 slices
Margarine	80 g	R 26.99/kg
Frozen chips	500 g	R 24.99/kg

TABLE

2.2.1 Do the necessary costing for the above recipe using the prices provided and show ALL calculations.

Write the calculated cost of each ingredient clearly alongside the applicable item in the ANSWER BOOK and round off to the nearest two decimal places. (5 × 2) (10)

2.2.2 Calculate the total cost of the meal. (2)

2.2.3 Calculate the cost per person. (2)

2.3 Name the main ingredients in the following traditional salads:

NOTE: Use the mark allocation to show you how many ingredients to name.

2.3.1 Potato salad (2)

2.3.2 Waldorf salad (4)

2.4 Name SIX functions of eggs in the preparation of food and give an example of an applicable dish for each function. (12)

2.5 Fresh milk is available in three forms.

Name and describe the THREE forms according to their butterfat content. (6)

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2.6 Give the classification of each of the following types of cheeses:

2.6.1 Romano

2.6.2 Cottage cheese

2.6.3 Gouda

2.6.4 Gorgonzola

(4 × 1) (4)
[50]

QUESTION 3

3.1 Describe the eyes of a fresh fish. (2)

3.2 Convert the following into millilitre or gram:

3.2.1 1 ounce of butter = … g

3.2.2 250 ml cake flour = … g

3.2.3 3 large eggs = … ml

3.2.4 1 pound meat = … g

3.2.5 1 tablespoon milk = … ml

3.2.6 4 teaspoons vanilla essence = … ml

(6 × 1) (6)

3.3 Pasta is a popular ingredient to cook with.

Answer the following questions concerning pasta:

3.3.1 Which type of pasta is used for lasagne? (1)

3.3.2 Which type of pasta is traditionally served with a Bolognese sauce? (1)

3.3.3 Name TWO types of pasta that are served stuffed? (2)

3.3.4 Explain the term *al dente*. (2)

3.3.5 Explain the correct method of cooking pasta to a beginner chef. (5)

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3.4 Explain how to prevent the curdling of milk when preparing and serving a cream of tomato soup. (3)

3.5 Classify the following fish types according to whether they are WHITE, OILY or MODERATELY OILY. Write only 'white', 'oily' or 'moderately oily' next to the question number (3.5.1–3.5.6) in the ANSWER BOOK.

3.5.1 Sardine

3.5.2 Sole

3.5.3 Red Roman

3.5.4 Tuna

3.5.5 Hake

3.5.6 Snoek

(6 × 1) (6)

3.6 Name FIVE characteristics of a grade A fresh chicken. (5)

3.7 Give short instructions for the defrosting of frozen poultry. (3)

3.8 Name SIX factors that can influence the time allowed for the roasting of a leg of lamb. (6)

3.9 Differentiate between a *temporary emulsion* and a *permanent emulsion.* (8)
[50]

QUESTION 4

4.1 Name SEVEN uses of butter in food preparation. (7)

4.2 Distinguish between the terms *coagulation* and *syneresis*. (6)

4.3 Name the traditional Greek sauce/dip made out of cucumber and yoghurt which is served with pita bread. (1)

4.4 Describe the appearance of a raw, fresh, uncooked egg white and yolk. (5)

4.5 Discuss FOUR factors that will have a positive effect on the whipping of cream to a stiff consistency. (4)

4.6 Distinguish between the colour and digestibility of cooked white fish and cooked oily fish. (4)

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4.7 Describe, in clear steps, how to remove the scales from a whole fresh fish. (5)

4.8 Name any TWO edible inner parts of poultry (innards) which form part of the giblets. (2)

4.9 What is the reason for trussing poultry before cooking? (2)

4.10 Name the traditional sauce served with:

4.10.1 Eggs benedict

4.10.2 Roast pork

4.10.3 Roast lamb

4.10.4 Roast venison

4.10.5 Fried fish

4.10.6 Roast beef

(6 × 1) (6)

4.11 State from which meat cut and animal carcass each of the following menu items originate traditionally:

4.11.1 Wiener schnitzel

4.11.2 Crown roast

4.11.3 Chateaubriand

4.11.4 Beef stroganoff

(4 × 2) (8)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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