higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE

INTRODUCTORY HYGIENE AND SAFETY N4

(19050104)

7 June 2021 (X-paper)
09:00–12:00

This question paper consists of 8 pages.

233Q1J2107

Copyright reserved

DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE
INTRODUCTORY HYGIENE AND SAFETY 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. Start each section on a new page.
5. Use only a black or blue pen.
6. Write neatly and legibly.

Copyright reserved

SECTION A

QUESTION 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 (1.1–1.10) in the ANSWER BOOK.

1.1 Cooks and heats food by using high-frequency power.

A Convection oven
B Induction oven
C Microwave oven
D Steaming oven

1.2 … are known as non-pathogenic micro-organisms.

A Harmless micro-organisms
B Staphylococcus micro-organisms
C Harmful micro-organisms
D Mycotoxin

1.3 A … is an appliance with a high-speed motor and stainless-steel blades used to puree food.

A food processor
B food slicer
C kettle
D blender

1.4 Raw food should be stored …

A in a dark cupboard.
B in separate, sealed containers in the refrigerator.
C at room temperature.
D in the same container as cooked food in the refrigerator.

1.5 Food that is not to be eaten immediately after cooking must be kept at a temperature of above …

A 70 °C.
B 60 °C.
C 65 °C.
D 55 °C.

1.6 An oven inside of which hot air is circulated with force is called a/an …

A microwave oven.
B induction cooker.
C convection oven.
D steamer.

1.7 Soaking of … should take place before it is used for the first time.

A chinaware
B glass
C rubber
D wood

1.8 … spreads easily when you sneeze, cough or even whilst in the food service area.

A Salmonella
B Staphylococcus
C Clostridium
D Bacillus cereus

1.9 Sugar should be stored in …

A the refrigerator.
B the freezer.
C a dry, cool place.
D a dark, damp place.

1.10 Food that has been stored in copper pans may result in poisoning caused by …

A plants.
B chemicals.
C humans.
D bacteria.

(10 × 1) **[10]**

QUESTION 2

Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (2.1–2.10) in the ANSWER BOOK.

2.1 Turn off the gas and wait a few minutes before relighting it again.

2.2 Fresh milk and cream should be purchased monthly.

2.3 Prevent food poisoning by defrosting food at room temperature.

2.4 Micro-organisms require cold temperatures to grow.

2.5 Rodents include mice and birds.

2.6 Water is the best solvent.

2.7 Jewellery may be worn in the food preparation area.

Copyright reserved

2.8 Hot cupboards are used for heating plates.

2.9 All cleaning agents should be stored in open containers.

2.10 Cut away from yourself.

(10 × 2) **[20]**

QUESTION 3

Choose a term from COLUMN B that matches a description in COLUMN A. Write only the letter (A–J) next to the question number (3.1–3.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1	Yeast	A	soapless detergent
3.2	Mould	B	used to remove stains
3.3	Foot care	C	wear flat or low-heeled shoes
3.4	Skin care	D	used to make wine, beer and bread
3.5	Synthetic detergent	E	use a mild soap
3.6	Bleach	F	used to make antibiotics such as penicillin
3.7	Solvent	G	place casualty in a sitting position
3.8	Wound	H	lowers the surface tension of water
3.9	Nosebleed	I	make people aware of how to handle equipment correctly
3.10	Preventing accidents	J	apply direct pressure to the wound

(10 × 1) **[10]**

QUESTION 4

Complete the following sentences by writing only the missing word or words next to the question number (4.1–4.10) in the ANSWER BOOK.

4.1 … is used for slicing, shredding or chopping vegetables, and for trimming and cutting meat.

4.2 … is a serrated knife specially developed to cut through frozen meat.

4.3 … is used to force open the shell of a fresh oyster.

4.4 Food handlers should cover cuts and …

Copyright reserved

4.5 Bathrooms must have enough waste bins with hot and … water.

4.6 … kills bacteria and is therefore used to disinfect crockery, cutlery and equipment.

4.7 Yeasts are used to make … rise.

4.8 … are rod-shaped bacteria and do not produce toxins.

4.9 Different surfaces and equipment must be used for … and cooked food.

4.10 Food must be kept cold to prevent the multiplication of ….

(10 × 1) **[10]**

TOTAL SECTION A: 50

SECTION B

QUESTION 5

5.1 Waste removal should be done in a safe and hygienic way in order to prevent cross-contamination and outbreaks of diseases.

5.1.1 State the guidelines to observe in order to minimise the risks of bacteria when disposing of refuse and waste food. (4)

5.1.2 State the procedure for cleaning refuse and waste food containers. (4)

5.1.3 Recommend SIX basic rules for garbage disposal. (6)

5.1.4 Define *waste.* (2)

5.1.5 What should the waste collection area/site should look like? (4)

5.2 Explain the uses of the following sharpening knives:

5.2.1 Sharpening steel

5.2.2 Sharpening stone

(2 × 2) (4)

5.3 Give THREE reasons for not soaking knives. (3 × 2) (6)

5.4 Identify FIVE correct ways of handling knives. (5 × 2) (10)

5.5 Explain the steps in the equipment cleaning process. (5 × 2) (10)

[50]

Copyright reserved

QUESTION 6

6.1 Rearrange the following statements about the cleaning process of sinks and hand basins in the correct order:

- Half fill the basin with warm water and detergent.
- Wet a cleaning cloth and apply multipurpose cleaner.
- Rinse away any food debris using cold water.
- Clean the draining board, taps, splashback, overflow, plugs and chains, and underneath the basin, including the pipes and top half of the basins.
- Use a mild abrasive like steel wool to give your sink a thorough clean.
- Change the water as necessary.
- Rinse all areas with warm water.
- Polish taps with dry disposable towelling or kitchen paper.
- Drain the basin down the wall and remove debris stuck in plug hole.
- Ensure that the sink is draining efficiently. (9)

6.2 Recommend FOUR ways of cleaning each of the following work surfaces:

6.2.1 Floors

6.2.2 Walls

6.2.3 Drains

6.2.4 Shelves

(4 × 4) (16)

6.3 Give the storage temperature of the following foods:

6.3.1 Fish and shellfish

6.3.2 Meat and poultry

6.3.3 Eggs, dairy products and leftovers

6.3.4 Fruit and vegetables

(4 × 1) (4)

6.4 List SEVEN types of damage to be checked on finished items when determining if they are clean, dry and free from damage. (7 × 2) (14)

6.5 List FIVE types of packaging that may be used for food items. (5)

6.6 Explain the correct storage of the following foods when stored in the cool room:

6.6.1 Fruit

6.6.2 Bread and rolls

(2 × 1) (2)

[50]

Copyright reserved

QUESTION 7

7.1 Give FOUR characteristics of each of the following storage areas:

7.1.1 Dry storage

7.1.2 Cool storage

7.1.3 Freezers

(4 × 3) (12)

7.2 Define the following terms:

7.2.1 Solvents

7.2.2 Abrasive powders

7.2.3 Detergent

7.2.4 Bleaches

(4 × 2) (8)

7.3 Explain how to create a safe working place before operating machinery. (2)

7.4 State FOUR ways of reducing strain and sprains in the workplace. (4)

7.5 Define the term *first aid.* (2)

7.6 List FOUR types of bacteria that causes food poisoning. (4)

7.7 List FOUR ideal growth conditions for pathogenic bacteria. (4)

7.8 Give THREE examples of each of the following types of hazard:

7.8.1 Biological hazards (3)

7.8.2 Psychosocial hazards (3)

7.9 State FOUR ways of reducing injury or fire when working with electrical equipment. (4 × 2) (8)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

Copyright reserved