higher education & training

Department:
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REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE

INTRODUCTORY HYGIENE AND SAFETY N4

(19050104)

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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.

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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 Ideal temperature of a cool room is …

A 1 °C to 4 °C
B 0 °C to 1 °C
C 1 °C to 6 °C
D 0 °C to 6 °C

1.2 A burn can be caused by …

A dry heat.
B a knife.
C low heat.
D a food cutter.

1.3 To avoid a gas explosion …

A ensure that the gas cylinder is outside.
B ensure that the gas is properly lit.
C smoking next to the gas cylinder is allowed.
D ensure that the gas cylinder is in the house.

1.4 Food service workers should bath or shower every …

A week.
B third day.
C day.
D second day.

1.5 Stubborn dirt on plastic can be removed by using …

A bicarbonate of soda.
B an abrasive.
C a pot scourer.
D soap.

1.6 A disadvantage of a wooden chopping board is …

A hygiene.
B that it is difficult to clean.
C that it can have cracks.
D that it is porous.

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1.7 Food which encourages the growth of bacteria are usually high in ...

A sugar.
B salt.
C protein and moisture.
D vinegar.

1.8 A person with a broken bone should ...

A be moved.
B not be moved.
C be given painkilling tablets.
D be placed on the floor.

1.9 … is the most unacceptable habit and is not allowed in the food service unit.

A Tasting of food
B Spitting
C Smoking
D Coughing and sneezing

1.10 A detergent should …

A form a soluble scum.
B lower the surface tension of water.
C clean tarnished surfaces.
D not keep the dirt dispensed in water.

(10 × 1) **[10]**

QUESTION 2

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

2.1 Prevent falls and slipping by walking backwards.

2.2 Baking sheets should be washed as little as possible.

2.3 Clean the interior surface of a refrigerator with very hot water and a mild detergent.

2.4 Protective clothing should be absorbent.

2.5 Footprints in the dust are signs of bacteria.

2.6 A plastic spatula is handy to remove stubborn ice in the freezers.

2.7 Colourless nail polish may be worn in the food preparation area.

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2.8 Pests do not need food and shelter.

2.9 Food poisoning can be characterised by muscle pain and fever.

2.10 Electrical appliances may be overloaded.

(10 × 2) **[20]**

QUESTION 3

Choose a description from COLUMN B that matches a term in COLUMN A. Write only the letter (A–K) 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	Footcare	C	leave major repairs for an expert
3.4	Skincare	D	apply direct pressure on the wound
3.5	Synthetic detergent	E	use a mild soap
3.6	Bleach	F	used to make antibiotics like penicillin
3.7	Solvent	G	place cautiously in a sitting position
3.8	Wound (cut)	H	lower the surface tension of water
3.9	Nose bleed	I	make people aware of handling equipment correctly
3.10	Preventing accidents	J	wear shoes with flat heals
		K	used to make wine, beer and bread

(10 × 1) **[10]**

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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 to sharpen knives.

4.2 … is used to remove the fine outer skin of oranges and lemons.

4.3 … is used for filleting fish.

4.4 … is used to carve/slice roast meat and poultry.

4.5 … has a fine-pointed razor sharp tip used for deboning meat or chicken.

4.6 Smoking encourages …

4.7 Brush teeth … morning and evening for good health.

4.8 Food that is frozen and … must never be frozen again.

4.9 … help to dissolve dirt and grease particles in the water.

4.10 … must be placed in metal bins with tight-fitting lids.

(10 × 1) **[10]**

TOTAL SECTION A: 50

SECTION B

QUESTION 5

5.1 Bacteria can be brought into the kitchen on our hands, therefore it is important to wash our hands often for good hygiene and safety.

5.1.1 State TWO reasons why personal hygiene is essential. (2)

5.1.2 Rearrange the following steps in the hand washing procedure in the correct order:

- Scrub the hands thoroughly and use a brush to remove any dirt from under the nails.
- Use an antibacterial soap.
- Rub hands with soap for at least 20 seconds.
- Dry hands using a paper towel or a hot-air drier.
- Rinse hands thoroughly under hot running water.
- Wet hands and arms thoroughly and lather the hands and arms up to the elbows. (6)

5.1.3 Name FIVE appropriate times for washing hands. (5)

5.2 State TWO types of refrigeration and the temperatures of each type. (4)

5.3 Explain the maintenance of refrigerators. (4)

5.4 Give ONE reason why dish cloths are not suitable for drying dishes after washing. (1)

5.5 Tabulate FIVE examples of high-risk and low-risk foods. (5 × 2) (10)

5.6 Name FIVE most common pests and insects that can be found in the kitchen. (5)

5.7 Indicate THREE signs of rodent infestation. (3)

5.8 Name FOUR means of preventing rodent infestation. (4)

5.9 Name FOUR ways in which rodents get access to the kitchen. (4)

5.10 Name TWO ways of eradicating rats and mice. (2)
[50]

QUESTION 6

During the preparation of food at Shilas Restaurant, one of the chef's cut his finger during the chopping of the vegetables when preparing salads.

6.1 Name THREE important knifes used in the kitchen. (3)

6.2 Explain the uses of the following knives:

6.2.1 Utility knife

6.2.2 Filleting knife

6.2.3 Meat clever

6.2.4 Paring knife

6.2.5 Bread knife

(5 × 1) (5)

6.3 State FIVE points to consider when choosing the right knives. (Any 5 × 2) (10)

6.4 Rearrange the cleaning process of knives:

- Holding the handle of the knife, immerse the blade in hot, soapy water.
- Wipe the back edge of the knife, using a nylon brush or cloth.
- Fill the washbasin with hot water and detergent.
- Dry the knife with a paper towel.
- Rinse the knife in clean, hot water. (5)

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6.5 Name TEN cleaning equipment and materials. (10)

6.6 Name TWO main methods used for cleaning glasses. (2)

6.7 Name FIVE conditions suitable for bacterial growth. (5)

6.8 State FIVE guidelines to keep in mind when moving goods safely. (5 × 2) (10)
[50]

QUESTION 7

7.1 Explain the following environmental control:

7.1.1 Humidity (4)

7.1.2 Temperature (2)

7.2 State FOUR points to remember when freezing food. (4)

7.3 Give FOUR guidelines when selecting suitable clothing to wear in the kitchen. (4)

7.4 Explain why smoking is prohibited in public places. (4)

7.5 Name THREE main groups of microorganism. (3)

7.6 State the guidelines to follow when using a refrigerator. (4)

7.7 Explain the following terms:

7.7.1 Pasteurisation

7.7.2 Sterilisation (2 × 3) (6)

7.8 Name SIX foods commonly associated with food poisoning. (6)

7.9 Indicate THREE consequences when storing chemicals without the necessary care. (3)

7.10 State SEVEN ways of reducing electrical hazards. (7)

7.11 Name THREE types of bacteria that are found in food. (3)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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