higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

JUNE EXAMINATION

NUTRITION AND MENU PLANNING N4

3 JUNE 2016

This marking guideline consists of 6 pages.

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QUESTION 1

1.1 D
1.2 A
1.3 D
1.4 B
1.5 C
1.6 D
1.7 C
1.8 A
1.9 C
1.10 D

(10 x 2) **[20]**

QUESTION 2

2.1 2.1.1 Food is any substance, liquid or solid which provide the body with materials

2.1.2 A balanced diet provides the correct amount of nutrients in the required proportions for the needs of an individual at a particular stage in his/her life

2.1.3 Digestion is when food has been eaten and then must be broken down in the body

2.1.4 Absorption is when food is absorbed into blood stream to enable the body to benefit from food

2.1.5 Malnutrition is lack of eating the correct nutritious food

(5 x 2) (10)

2.2
- Protein or meat group
- Calcium or milk group
- Fruit and vegetables
- Cereals
- Fats and oil (5)

2.3
- Essential for body growth and muscle development
- Build, repair and prevent diseases
- Prevent certain diseases
- Responsible for hemoglobin synthesis in red blood cells (4)

2.4 Two (2)

2.5
- Build strong bones and teeth
- Helps to clot blood after injury
- Helps with energy metabolism
- Required for correct functioning of muscles and nerves (4)

2.6
- Provide the body with most of its energy
- Provide bulk of food
- Stimulate peristalsis
- Prevent diseases such as diabetes, constipation et cetera. (4)

2.7
- Eggs
- Milk
- Nuts
- Meat
- Fish
- Poultry
- Soya beans (7)

2.8

REFIENE	UNREFIENE
• White bread	• Brown rice
• Corn flakes	• Jungle oats
• Spaghetti	• Khune meal
• Mealie meal	• All bran flakes
• Cake flour	• Weetbix

(2 + 5 x 2) (12)

2.9 Vitamin C (2)
[50]

QUESTION 3

3.1 Orley whip
3.2 Iron
3.3 Vegetarian
3.4 Mechanical soft diet
3.5 Menu
3.6 A la carte
3.7 Plat du jour
3.8 Lunch menu
3.9 High tea
3.10 Hors d oevres

(10 x 2) **[20]**

QUESTION 4

4.1 4.1.1 Kebabs – skewered lamb with pepper, mushroom, tomatoes

4.1.2 Samosa – deep fried pastry with meat and vegetables

4.1.3 Stroganoff – fillet meat and sour creamed spaghetti

4.1.4 Hash – corned beef and potato

4.1.5 Moussaka – a dish of mincemeat, aubergine, tomatoes and cheese sauce

(5 x 2) (10)

4.2
- Protein
- Calcium
- Iron
- Fluoride (4)

4.3
- Don't use an alkali
- Don't soak for a long time
- Don't keep food warm for a long time
- Food should be cooked and served as quick as possible (4)

4.4
- Blackboard
- Pinboard – back display
- Individual menu (3 x 2) (6)

4.5
- Colour
- Texture
- Consistency
- Shape
- Aroma
- Flavor
- Taste (7)

4.6
- Type of food
- Budget
- Clients
- Occasion
- Availability of food
- Personnel
- Food combination (7)

4.7
- DINNER must be in big letters
- Courses must be in order
- There must be spaces between courses
- Food eaten together must be grouped together
- Start with protein
- Vegetables must be on center
- Write first letter in capital letters
- Avoid long descriptions
- Mention sources
- Menu must be dated
- State the accompaniments (12)

4.8

MENU
LUNCH

Green shrimp salad

Beef stroganoff with

Glazed carrot Beetroot

Malva pudding with
Custard source

Tea/coffee

10 – 12 – 2015 (12)

4.9

Four course meal

Soup

Fish

Main course

Dessert (4)

4.10
- Continental breakfast is a plain and simple breakfast meal and does not usually contain any hot dishes
- English breakfast consists of several courses, with a choice of items for each course

(2 x 2) (4)

4.11
- Canteen menu is served from a counter
- Room service
  - served in the room
  - orders given over the phone and food is delivered to the rooms
  - the menu consist of a complete wine list, appertiser, soups, salads, hot and cold entrees et cetera.
  - this type of service is American

(2 x 3) (6)

4.12

ADVANTAGES	DISADVANTAGES
• Production and service is easy • Forecasting purchasing are simplified • Employees workload can be equally fairly distributed • Easy to control	• Set up price is charged whether or not full menu is consumed • Is difficult to estimate numbers of customers sometimes and number of dishes

(4 x 2) (8)

4.13
- Can be prepared by less staff
- Require fewer food items to be held in stock
- Reduces food wastage
- Help maintain the required standard of food production (4 x 2) (8)

[92]

QUESTION 5

5.1 H
5.2 G
5.3 E
5.4 D
5.5 I
5.6 B
5.7 C
5.8 F
5.9 A

(9 x 2) **[18]**

TOTAL: 200

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