higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

30 MAY 2019

This marking guideline consists of 8 pages.

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SECTION A

QUESTION 1

1.1	1.1.1	A
	1.1.2	B
	1.1.3	C
	1.1.4	D
	1.1.5	A
	1.1.6	B
	1.1.7	C
	1.1.8	D
	1.1.9	A
	1.1.10	B
	1.1.11	C
	1.1.12	D
	1.1.13	C
	1.1.14	B
	1.1.15	D

(15 × 1) (15)

1.2	1.2.1	C, G
	1.2.2	H, I
	1.2.3	J, D
	1.2.4	F, B
	1.2.5	A, E

(5 × 2) (10)

1.3	1.3.1	D, H
	1.3.2	A, F
	1.3.3	B, C
	1.3.4	E, G

(4 × 2) (8)

1.4	1.4.1	False, Japan
	1.4.2	False, blackboard
	1.4.3	False, table d'hote
	1.4.4	False, courses
	1.4.5	False, hors d'oeuvre

(5 × 2) (10)

1.5	1.5.1	Food
	1.5.2	Sodium
	1.5.3	Christians
	1.5.4	Hindu
	1.5.5	Farinaceous
	1.5.6	Coffee
	1.5.7	Continental

(7 × 1) (7)

TOTAL SECTION A: 50

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SECTION B

QUESTION 2

2.1 2.1.1
- Citrus fruit
- Guavas
- Pineapples
- Mangoes
- Tomatoes (Any THREE)

2.1.2
- Dark yellow fruit (peaches, apricot, mangoes, paw-paws)
- Dark green vegetables (broccoli, spinach)
- Dark yellow vegetables (pumpkin, carrots) (Any THREE)

2.1.3
- Potatoes
- Sweet potatoes
- Cauliflower
- Cabbage
- Turnip
- Beetroot
- Mealies
- Squash
- Onions (Any THREE)

(3 × 3) (9)

2.2
- Baby marrow soup – minerals and vitamins
- Beef fillet – Protein
- Cream sauce – fats
- Basmati rice – carbohydrates
- Mixed salad – minerals and vitamins
- Pears – minerals and vitamins (6)

2.3
- Coagulates and shrinks
- Destroys some amino acids
- Connective tissue in meat changes to gelatine
- Tough and indigestible when overcooked
- Changes colour
- Denaturated (6)

2.4 2.4.1 Vegan – NO food of animal origin

2.4.2 Ovo-vegetarian – eggs, but NO meat, poultry, fish or milk

2.4.3 Lacto-vegetarian – milk and milk products but NO meat, poultry, fish or eggs

2.4.4 Lacto-ovo-vegetarian – eggs and milk, but NO meat, poultry or fish

(4 × 2) (8)

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2.5 2.5.1
- Fatty meat
- Oily fish and shellfish
- Eggs
- Fried foods
- Spreads and soft cheeses
- Butter
- Margarine
- Cream
- Salad dressings
- Rich desserts
- Pastries (Any THREE)

2.5.2
- All salted food
- Canned fish
- Vegetables
- Pickled meat and sauces
- Salted butter
- Breads
- Nuts
- Food containing baking powder or soda (Any THREE)

2.5.3
- Legumes
- Nuts and gelatin
- Meat
- Eggs
- Milk (Any THREE)

(3 × 3) (9)

2.6 MENU✓ 25 December 2017✓
Dinner✓

Cream of Butternut Soup with croutons✓

Roast pork shank with apple sauce✓

Parsley potatoes Glazed carrots✓

Minted peas✓

Baked chocolate cheesecake✓

Coffee✓

✓Spaces
✓Centred
✓Starting with capital letter (12)
[50]

QUESTION 3

3.1
- Suitability of an establishment to a particular area
- Type of people visiting
- Spending power of customers
- Customer requirements
- Number of items and price range of menus
- Seat turnover
- Space and equipment of kitchen
- Amount and capability of labour
- Supplies and storage
- Cost factor (Any 8 × 1) (8)

3.2
- Customers may tire of same food
- Long initial planning
- Reducing job satisfaction by preparing the same dishes
- Limiting the chef's creativity
- Not always providing for foods in season. (Any 5 × 2) (10)

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3.3
- Menu should communicate in easily understood English.
- If French is used there must be English translations
- Overelaboration may cause disappointment
- Ensure correct spelling and grammar
- Incorrect language conveys a lack of attention to detail which may also reflect in food preparation. (5)

3.4 3.4.1 This meal is eaten late in the afternoon, normally just after five o'clock. It is a light meal and the tables are elegantly laid for the occasion. (2)

3.4.2 Fried Haddock with chips
Mixed grill (bacon, sausage, fried egg, grilled liver) and chips
Brown bread and butter
Scones, pancakes or crumpets
Dundee cake, gingerbread or shortbread
Preserves (8)

3.5
- Starter
- Fish
- Main dishes
- Dessert
- Cheese
- Coffee (Any 5 × 1) (5)

3.6 3.6.1 These allow for frequent change of dishes and prices. It is used by bars or bistros. It is portable and can be placed outside to attract attention.

3.6.2 Used in cafeteria-type operations. Customers can see at a glance what is on offer and it is quite easy to change the items or prices.
(2 × 3) (6)

3.7
- An English breakfast consists of several courses, with a choice of items for each course. It is usually a table d'hote menu and would contain hot and cold dishes.
- An American breakfast is similar to an English breakfast as the same protein foods are served. The Americans serve pancakes or flapjacks with maple syrup instead of cereals. They add to their main dish a form of potato like French fries, potato skins et cetera. (2 × 3) (6)

[50]

QUESTION 4

4.1
4.1.1 Sirloin steak
4.1.2 Thin slice of meat usually veal or pork
4.1.3 Mushrooms
4.1.4 Thick soup
4.1.5 Spicy rice dish
4.1.6 Stuffed Italian pasta
4.1.7 Ham
4.1.8 Coffee with milk
4.1.9 Choux pastry filled with cream or crème patisserie
4.1.10 Smoked salmon

(10 × 1) (10)

4.2
- A morning tea has more savoury items than sweet dishes
- An afternoon tea can also include coffee (2 + 2) (4)

4.3
4.3.1 This menu offers a set number of courses with a very limited number of choices at each course. The price quoted is usually how much the meal will cost if the customer has one dish from each course. Customers wait a short while since dishes are prepared in advance.

4.3.2 This menu has a large number and a wide selection of dishes. Each dish is individually priced and customers can choose whatever they like. Customers have to wait longer for their dishes to be cooked individually.

4.3.3 This is the dish of the day and is planned and written daily. It is a dish offered as an alternative to the set main-course menu items. This dish lets the chef take advantage of food in season and special offers from suppliers.

4.3.4 This will be arranged by the food service in consultation with the organiser of the function. The customers' requirements are considered within certain limits. Function menus are adjusted for a special traditional occasion such as a wedding or Christmas meal.

(4 × 3) (12)

4.4
- Date and time of function
- Number to be served
- Where to assemble
- Where to serve
- Menu detail
- Table plan
- Guest list
- Drinks, aperitifs, wines, liqueurs, spirits, preordered or cash
- Cigars, cigarettes (10 × 1) (10)

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4.5
- Menu
- Manager of the dining room
- Head waiter taking leading role in consultation (3)

4.6 Advantages:
- Easy production and service
- Simplified forecasting and purchasing
- Employees' workloads equalised and fairly distributed with repeated use of menus and dishes (Any TWO)

Disadvantages:
- Set price is charged regardless what is eaten
- Difficult to estimate number of customers and therefore number of dishes (2 + 2) (4)

4.7 4.7.1 Records customer's demands

4.7.2 Details what can be provided

4.7.3 States what will be provided and price thereof

4.7.4 Completed by customer as written confirmation of function

4.7.5 Written detail of wedding to be confirmed

4.7.6 List of food and equipment to be delivered for outside catering (6 × 1) (6)

4.8 THREE (1)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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