higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

28 September 2020

This marking guideline consists of 8 pages.

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SECTION A

QUESTION 1

1.1 D
1.2 B
1.3 B
1.4 C
1.5 C
1.6 A
1.7 D
1.8 B
1.9 D
1.10 B
1.11 B
1.12 B
1.13 B
1.14 D
1.15 C
1.16 B
1.17 A
1.18 B
1.19 A
1.20 B

(20 × 1) **[20]**

QUESTION 2

2.1 B, J
2.2 D, G
2.3 F, I
2.4 A, C
2.5 E, H

(5 × 2) **[10]**

QUESTION 3

3.1 E, F
3.2 G, B
3.3 H, D
3.4 I, A
3.5 C, J

(5 × 2) **[10]**

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QUESTION 4

4.1 True
4.2 True
4.3 False
4.4 False
4.5 True
4.6 False
4.7 True
4.8 True
4.9 True
4.10 False

(10 × 1) **[10]**

TOTAL SECTION A: 50

SECTION B

QUESTION 5

5.1 5.1.1
- Citrus Fruit
- Guavas
- Pineapples
- Mangoes
- Berries
- Tomatoes (Any 3 × 1)

5.1.2
- Dark yellow fruit (peaches, apricot, mangoes, paw-paws)
- Dark green vegetables (broccoli, spinach)
- Dark yellow vegetables (pumpkin, carrots) (Any 3 × 1)

5.1.3
- Potatoes
- Sweet Potatoes
- Cauliflower
- Cabbage
- Turnips
- Beetroot
- Mealies
- Squash
- Onions (Any 3 × 1)

(3 × 3) (9)

5.2

Butternut soup	- Minerals and vitamins
Beef fillet	- Protein
Cream sauce	- Fats
Basmati rice	- Carbohydrates
Mixed salad	- Minerals and vitamins
Pears	- Minerals and vitamins
Bacon	- Fats and oils
Cheese sauce	- Calcium

(Any 6 × 1) (6)

5.3
- Coagulates and shrinks
- Some amino acids are destroyed
- Connective tissue in meat changes to gelatine
- Tough and indigestible when overcooked
- Changes colour as in meat
- Denatured (6)

5.4 5.4.1 Do not eat any food of animal origin

5.4.2 Do eat eggs, but no meat, poultry, fish, or milk

5.4.3 Use milk and milk products but no meat, poultry, fish, or eggs

5.4.4 Use eggs and milk, but no meat, poultry, or fish

(4 × 2) (8)

5.5 5.5.1
- Fatty meat
- Oily fish and shellfish
- Eggs
- Fried foods
- Spreads and soft cheeses
- Butter
- Margarine
- Cream
- Salad dressings
- Rich desserts
- Pastries (Any 3 × 1)

5.5.2
- All salted food
- Canned fish meat
- Vegetables
- Pickles meat sauces
- Salted butter
- Breads
- Nuts
- Food containing baking powder or baking soda: cakes, biscuits, prepared mixes, spinach, beat, kale, celery, carrots, and sauerkraut (Any 3 × 1)

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5.5.3
- Legumes
- Nuts and gelatin
- Meat
- Eggs
- Milk
- Bread
- Cereal

(Any 3 × 1)
(3 × 3) (9)

5.6

MENU✓
Dinner✓

Smoked salmon salad with cream cheese and caper dressing✓

Roasted pork belly with apple sauce✓
Parsley baby potatoes✓ Butternut mash✓
Minted peas✓

Blueberry cheesecake✓

Coffee✓

✓- Centralising
✓- Spacing

15 March 2019✓ (12)

[50]

QUESTION 6

6.1
- Suitability of an establishment to a particular area
- The type of people to cater for
- Spending power of customers
- Customer requirements
- Number of items and price range of menu(s)
- Seat turnover
- Space and equipment in the kitchen
- Amount and capability of labour
- Supplies and storage
- Cost factor

(Any 8 × 1) (8)

6.2
- The customers may get tired of the same food.
- It's a long period of initial planning.
- It may reduce job satisfaction for staff who have to constantly prepare the same dishes.
- It may limit the chef's creativity.
- It may not provide for seasonal foods that come into the market. (5 × 2) (10)

6.3
- A menu should be presented in a language that is easily or commonly understood (e.g. English).
- If a menu is written in French, there should also be English translations.
- The overelaboration of a menu may cause disappointment.
- Correct spelling and grammar are important.
- Incorrect language conveys a lack of attention to detail, which may eventually apply to the food preparation as well. (5)

6.4 6.4.1 This meal is eaten late in the afternoon; normally just after 5 o'clock. The highland farmer often enjoys this meal, and after the meal he secures the animals for the night. It is a light meal and the tables are laid elegantly for the occasion. (2)

6.4.2
Fried haddock with chips✓
Or
Mixed grill (bacon, sausage, fried egg, grilled liver)✓
and chips

Brown bread and butter✓

Scones, pancakes, or crumpets✓

Dundee cake, gingerbread, or shortbread✓

Preserves✓
✓- Centralising
✓- Spacing (8)

6.5
- Starter
- Fish
- Main dishes
- Dessert
- Cheese (5)

6.6 6.6.1 Blackboard menus allow for frequent changes to dishes and prices. Usually used by bars or bistros, this type of menu is portable and can be placed outside to attract the attention of passersby. (3)

6.6.2 Pin board-back display menus are 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. (3)

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6.7 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 – they both serve the same protein foods. ✓ The American breakfast, however, includes pancakes or flapjacks with maple syrup instead of cereals. ✓ The American breakfast also usually adds a form of potato to the main dish (e.g. French fries, potato skins, etc.).✓ (6)

[50]

QUESTION 7

7.1
7.1.1 Fish eggs slightly salted – expensive
7.1.2 Poached in white wine sauce – usually sole
7.1.3 Mushrooms
7.1.4 Thick soup
7.1.5 Stew – rich and well-seasoned
7.1.6 Stuffed Italian pasta
7.1.7 Ham
7.1.8 Coffee with milk
7.1.9 Choux pastry filled with cream or crème patisserie
7.1.10 Small pancake

(10 × 1) (10)

7.2 A morning tea has more savoury items than sweet. An afternoon tea has more sweet items than savoury and can also include coffee (2 × 2) (4)

7.3
7.3.1 This menu offers a set number of courses with a very limited number of choices for 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.

7.3.2 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.

7.3.3 This is the dish of the day, which is planned and written anew each day. It is a dish offered as an alternative to the set main course menu items. This dish enables the chef to take advantage of food that is in season and/or of special offers from suppliers.

7.3.4 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 special traditional occasions such as a wedding or Christmas meal.

(4 × 3) (12)

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7.4
- Date and time of function
- Number of guests
- Where to assemble the food
- Where to serve the food
- Menu detail
- Table plan/layout
- Guest list
- Drinks, aperitifs, wines, liqueurs, spirits, and whether these items are to be pre-ordered or paid with cash
- Cigars, cigarettes (10)

7.5
- The menu
- The manager of the dining room
- The head waiter taking a leading role in consultation (3)

7.6 Advantages:
- Production and service are easy
- Forecasting and purchasing are simplified
- With repeated use of menus and dishes, employees' workloads can be equalised and distributed fairly (Any 2 × 1)

Disadvantages:
- The set price is charged regardless of whether or not the full menu is consumed
- It's sometimes difficult to estimate the number of customers and, therefore, the number of dishes (2 × 1) (4)

7.7 Five courses (1)

7.8
7.8.1 It records customer demands

7.8.2 It details what is to be provided

7.8.3 It spells out what will be provided as well as the price thereof

7.8.4 The customer fills in this form as a written confirmation of the function

7.8.5 Written detail of the wedding to be confirmed

7.8.6 A list of food and equipment to be delivered for outside catering (6 × 1) (6)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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