higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

(10070274)

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This question paper consists of 11 pages.

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE
NUTRITION AND MENU PLANNIN G 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 (1.1–1.20) in the ANSWER BOOK.

1.1 Which one of the following vegetables is a good source of vitamin A?

A Lettuce
B Mealies
C Sweet Potato
D Broccoli

1.2 An example of unrefined cereal food is:

A Tapioca
B Jungle Oats
C Semolina
D Mealie meal

1.3 A function of calcium rich food is that it…

A builds and repairs the body.
B clots blood.
C provides the body with energy.
D prevents deficiency diseases.

1.4 Sources of food rich in vitamin A include:

A Carrots, milk, and nuts
B Apricots, egg yolk, and peanuts
C Carrots, apricots, and spinach
D Eggs, milk, and spinach

1.5 When food has been eaten, it must be broken down in the body by the process of …

A absorption.
B peristalsis.
C digestion.
D swallowing.

1.6 Food types which could be identified as the most important food allergens are …

A chocolate, citrus fruit, and shellfish.
B beef, milk, and eggs.
C bananas, milk, and eggs.
D legumes, wheat, and pumpkin.

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1.7 The following food types are allowed in reduction diets:

A Low-fat cheese, peas and vegetables with cheese sauce, vetkoek
B Enriched bread, soya beans, and bacon
C Mealies, nuts, and full cream milk
D Lean meat, low fat milk, and soya beans

1.8 Foods that must be avoided when on a low-fat diet include:

A Salad dressings, egg whites, and whole wheat bread
B Bacon, eggs, and cheese
C Egg white, sausages, and cakes
D Whole-wheat bread and fried food

1.9 Sachertorte is a traditional cake from …

A South Africa.
B Russia.
C India.
D Austria.

1.10 A low-protein diet is necessary for patients with …

A heart problems.
B liver and kidney diseases.
C cirrhosis of the liver.
D high cholesterol levels.

1.11 This meal is traditional in England in the late afternoon:

A Brunch
B High tea
C Finger meal
D Fork luncheon

1.12 Traditional light meals and bites served from a counter are known as:

A Room service
B A canteen
C A bistro
D A buffet

1.13 This is the French word for ‘dish of the day’:

A Croissant
B Plat du jour
C A la carte
D Releveé

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1.14 This menu is presented in the evening and is less formal:

A Dinner
B Fork buffet
C Light buffet
D Supper

1.15 The French term for an appetiser:

A Removeé
B Consommé
C Hors d'oeuvres
D Entreé

1.16 This dish will always be served, but is not considered a course:

A Sorbet
B Coffee
C Cheese
D Preserve

1.17 A list of food and equipment to be delivered for outside catering is known as:

A A dispatch list
B A wedding reception booking form
C A function order form
D A banqueting booking form

1.18 This menu is compiled to cover a given period, and at the end of each period the menu can be used again:

A Breakfast menu
B Cyclical menu
C Luncheon
D Buffet menu

1.19 A menu specification:

A Ensures menu intentions are carried out
B Is an order form
C Records customers' demands
D Is a fixed menu that is planned over a period of time

1.20 The first course during which meat is served is known as the:

A Releveé
B Entrée
C Remové
D Plat du jour

(20 × 1) **[20]**

QUESTION 2

Choose TWO descriptions from COLUMN B that match an item in COLUMN A. Write only the letters (A–J) next to the question number (2.1–2.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
2.1	Protein group	A	provides the body with most of its energy
2.2	Calcium group	B	essential for growth and muscle development
2.3	Fruit and vegetable group	C	stimulates peristalsis
2.4	Cereal group	D	building of strong bones and teeth
2.5	Oils and fats	E	protects organs of the body
		F	helps in the prevention of colds
		G	helps to clot blood after an injury
		H	provides a source of fat-soluble vitamins
		I	helps in overall health of skin and mucous membranes
		J	builds, repairs, and maintains the body

(10 × 1) **[10]**

QUESTION 3

Choose TWO items from COLUMN B that matches an item in COLUMN A. Write only the letter (A–J) next to the question number (3.1–3.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1	Calcium	A	bacon
3.2	Phosphorus	B	eggs
3.3	Iron	C	seafood
3.4	Sodium	D	liver
3.5	Iodine	E	milk products
		F	bones of tinned fish
		G	bread
		H	cocoa
		I	foods cooked with salt
		J	potatoes

(5 × 2) **[10]**

QUESTION 4

Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (4.1–4.10) in the ANSWER BOOK.

4.1 Bacon is seen as non-kosher food for Jewish people.

4.2 Typical South African dishes include biltong, ugali, and milk tart.

4.3 During the week of Ramadan, Hindus do not eat or drink anything from dawn to sunset.

4.4 Basal metabolism is measured in kilojoules.

4.5 When babies are 1 years old and able to chew, it is necessary to start feeding them small quantities of smooth food.

4.6 When trying to reduce sugar consumption, cut down on pulses since they are high in fibre.

4.7 When someone has liver or kidney disease, they should avoid foods like meat, eggs, and nuts.

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4.8 A good rule to follow when on a slimming diet is to not skip a meal, eat slowly, and never take a second portion.

4.9 When compiling menus for institutions, it is important to reduce fat consumption and use the minimum of salt during cooking.

4.10 A mechanical soft diet is used for persons who are in a febrile state.

(10 × 1) **[10]**

TOTAL SECTION A: 50

SECTION B

QUESTION 5

5.1 Use the table below to state the different food sources of the fruit and vegetable group. List three examples of sources per category and write them next to the question number (5.1.1–5.1.3) in the ANSWER BOOK.

5.1.1 Foods rich in vitamin C	5.1.2 Foods rich in vitamin A	5.1.3 Other
(3)	(3)	(3)

(9)

5.2 Identify the most important nutrient in each of the mentioned dishes in the following menu: (6)

MENU
Supper

Cape Malay butternut soup

Bacon-wrapped beef fillet with cheese sauce
Savory basmati rice Mixed salad

Poached pears in red wine

5.3 Describe the effect of heat on proteins. (6)

5.4 Explain the following types of vegetarians:

5.4.1 Vegan

5.4.2 Ovo-vegetarian

5.4.3 Lacto-vegetarian

5.4.4 Lacto-ovo-vegetarian

(4 × 2) (8)

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5.5 Name the THREE types of food that should be avoided in each of the following special diets:

5.5.1 Low-fat diet

5.5.2 Low-salt diet

5.5.3 Low-protein diet

(3 × 3) (9)

5.6 Rewrite the following dinner menu according to the principles of menu writing:

coffee, roasted pork belly with apple sauce, blueberry cheesecake, parsley baby potatoes, smoked salmon salad with cream cheese and caper dressing, butternut mash, minted peas

(12)

[50]

QUESTION 6

6.1 When determining what foods to include on an establishment's menu, the location of the establishment, as well as the competition in the area, are important considerations.

Name EIGHT other considerations to keep in mind when putting a menu together. (8)

6.2 One of the advantages of a pre-planned menu is that good menu planning is practiced.

State FIVE disadvantages of this type of menu. (10)

6.3 What should be kept in mind with regard to language when setting up a menu? (5)

6.4 High tea is very popular in England.

3.4.1 When is high tea served? (2)

3.4.2 Write out an example of a typical high tea menu. (8)

6.5 List the sequence of courses for a FIVE course luncheon. (5)

6.6 Distinguish between a:

6.6.1 Blackboard menu (3)

6.6.2 Pin board-back display (3)

6.7 Differentiate between an American and an English breakfast. (6)

[50]

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QUESTION 7

7.1 Explain what the following dishes are:

7.1.1 Caviar

7.1.2 Vin blanc

7.1.3 Champignons

7.1.4 Potage

7.1.5 Ragout

7.1.6 Cannelloni

7.1.7 Jambon

7.1.8 Café au lait

7.1.9 Éclair

7.1.10 Crepé

(10 × 1) (10)

7.2 Name TWO distinguishing characteristics between morning tea and afternoon tea menus. (2 × 2) (4)

7.3 Define the following types of menus:

7.3.1 Table d'hôte menu

7.3.2 A là carte menu

7.3.3 Plat du jour menu

7.3.4 Special function menu

(4 × 3) (12)

7.4 Name 10 pieces of information that caterers need to know before they can start organising a function. (10)

7.5 Name the TWO role players involved in, and state which ONE other aspect helps to determine, the planning of a wine list. (3)

7.6 Give TWO advantages and TWO disadvantages of table d'hôte menus.

(2 × 2) (4)

7.7 How many courses are there in a traditional dinner menu? (1)

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7.8 For effective function planning, paperwork is required.

Explain the contents of the following paperwork:

7.8.1 Function order form

7.8.2 Function prospectus

7.8.3 Letter of quotation

7.8.4 Banqueting booking form

7.8.5 Wedding reception booking form

7.8.6 Dispatch list

(6 × 1) (6)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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