higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

# MARKING GUIDELINE

## NATIONAL CERTIFICATE

## NUTRITION AND MENU PLANNING N4

**28 May 2021**

**This marking guideline consists of 10 pages.**

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## SECTION A

## QUESTION 1

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

(20 × 1) **[20]**

## QUESTION 2

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

(5 × 2) **[10]**

## QUESTION 3

3.1 True
3.2 False
3.3 True
3.4 True
3.5 True
3.6 False
3.7 True
3.8 False
3.9 True
3.10 True

(10 × 1) **[10]**

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## QUESTION 4

4.1 Bacon
4.2 Special function menu
4.3 Absorption
4.4 Feta
4.5 Margarine
4.6 Banquet menu
4.7 Dessert
4.8 Fork buffet/fork luncheon
4.9 Menu details
4.10 Sommeliers

(10 × 1) **[10]**

**TOTAL SECTION A: 50**

## SECTION B

## QUESTION 5

5.1 5.1.1 Required to make the hormone thyroxin, which helps to control the rate of metabolism

5.1.2 Maintains the correct concentration of body fluids and helps to transport carbon dioxide in the blood

5.1.3 Gives red blood cells their colour and transports oxygen around the body to every cell

5.1.4
- Controls structure of brain cells
- Produces energy
- Helps with the functioning of muscles and nerves
- Part of every cell and necessary for growth
- Regulates the release of energy from the body
- Together with calcium builds and maintains bones and teeth

(Any 2 × 1)

5.1.5 Maintenance of bones and teeth and essential for clotting of blood

(5 × 2) (10)

5.2
- Digestion is when food has been eaten and must be broken down in the body.
- Absorption occurs after the food has been broken down; the products are then passed through the walls of the digestive tract into the bloodstream.

(2 × 2) (4)

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5.3
- Plan the main or meat dishes first.
- Plan vegetables or salad to go with the main dishes.
- Plan other courses such as entrées or desserts to complement the main course.
- Specify sauces, accompaniments and garnishes to go with each course.

(4 × 2) (8)

5.4
- The stomach, where simple substances such as alcohol and glucose are passed through the stomach lining into the bloodstream
- Small intestine
- Large intestine (3)

5.5
- Sunflower oil
- Salad oil
- Olive oil
- Margarine
- Spreads
- Oily fruits
- Cream (7)

5.6 A balanced diet is a diet that provides the correct amount of nutrients in the required proportions✓ for the needs of an individual✓ at a particular stage in his/her life.✓ (3)

5.7

MENU
BRUNCH✓

Fresh Fruit & Yoghurt✓
***
Cheese Soufflé✓
Kippers ✓
Stuffed Tomatoes & Mushrooms✓
***

Croissants & Mealie Bread✓
served with
Butter, Jam & Cheese✓
***
Coffee/Tea✓

*** Spaces between courses✓ (9)

5.8 5.8.1 People who will not eat or consume animal food, especially that obtained by killing animals.

5.8.2 Any substance, liquid or solid which provides the body with materials.

5.8.3 The harmful or abnormal reaction to the intake of one or more specific food substances.

(3 × 2) (6)
**[50]**

**QUESTION 6**

6.1 6.1.1 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.

6.1.2 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 usually do not have to wait long, as the kitchen prepares dishes in advance on an expected number of customers for each dish.

6.1.3 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 allows the chef to take advantage of food in season and special offers from suppliers.

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

(4 × 2) (8)

6.2
- Type of food service and their policy
- Budget
- Client
- Occasion
- Availability of food
- Personnel
- Food combination (7)

6.3 6.3.1 The hot food must be served piping hot and cold food must be well cooled.

6.3.2 A variety of food sizes and shapes is required to make food an interesting meal. Avoid serving food that all has the same shape.

6.3.3 Described as crisp, crunchy, soft, smooth, rubbery or chewy

6.3.4 The smell of a dish; it must relate to what it is expected to be

(4 × 2) (8)

6.4
- The purpose of the organisation
- The selling price of the items on the menu, which must fall within the guidelines of the food service and the amount the customer is willing to pay
- The selling price in commercial food services, which is based on the cost of food plus labour plus operational cost plus profit (3 × 2) (6)

6.5 A continental breakfast is a plain and simple meal✓ and does not usually contain any hot dishes.✓ It includes fruit or fruit juice, rolls, croissants, jams, preserves and coffee or tea.✓

An English breakfast consists of several courses with a choice of items for each course.✓ It is usually a table d'hôte and would contain some of the following: fresh fruit, juice, cereals, porridge, smoked fish kedgeree, eggs cooked in various ways, bacon, sausages, tomato, mushrooms, toast, rolls, croissants, tea and coffee.✓✓ (2 × 3) (6)

6.6
- An American breakfast is a similar to an English breakfast.
- They both serve basically the same food.
- An American breakfast includes pancakes or flap jacks with maple syrup instead of cereal, with potatoes added to the main dish.
- They drink a lot of coffee.

(4)

6.7 Relevé: A large joint of meat, which usually has to be carved.✓ Potatoes and one or two vegetables are served with this course.✓

Entrée: The first of the meat courses.✓ It is accompanied by vegetables and elegantly garnished.✓ It is a small portion of meat, poultry or game that is not roasted or grilled.✓
When an entrée is followed by a relevé, vegetables are not served separately.✓

(6)

6.8 Five-course meal: (answer in sequence)
- Hors d'oeuvre
- Soup
- Fish
- Main course
- Dessert

(5)
**[50]**

## QUESTION 7

7.1 7.1.1

- lunch – written in small letters
- menu – written in small letters
- MENU – must be written above word 'lunch'
- There should be a space between MENU and LUNCH
- Menu must be centralised
- A line space after each course
- The first letter of each word must be a capital letter; not 'with' or 'and'
- The date must be in the right-hand corner at the bottom
- Coffee and Tea – very last on the menu before the date
- Main course – first the meat and sauce, then the starch and then the vegetables
- After the main course the dessert is served✓ (Any 6 × 1) (6)

7.1.2

MENU✓
Lunch✓

Shrimp Cocktail✓

Crusted Lamb Chops with Mint Sauce✓
Roast Potatoes✓ Caramelised Butternut✓
Broccoli Polonaise✓

Salted Caramel Cheesecake✓

Coffee and Tea✓

✓- spacing
✓- centralising

15 Nov 2020✓ (12)

7.2 Advantages:

- Saves time by removing daily or weekly task of compiling menus
- You can produce the entire number of portions of each item to last the whole cycle
- Gives greater efficiency in terms of time and labour
- Helps the chef with ordering, as the menu dishes will always be known in advance
- Reduces waste (Any 2 × 1)

Disadvantages:

- Caterer cannot easily take advantage of good deals offered by suppliers on a daily or weekly basis
- When used in establishments with a regular clientele, the cycle has to be long enough so that customers do not get bored with repetition of dishes (4)

7.3 Morning tea: Has more savoury than sweet dishes✓✓
Afternoon tea: Tends to serve a greater variety of teatime snacks as well as 'richer' snacks;✓ can also include coffee✓ (4)

7.4
- Efficiency and good planning
- A good booking system
- Copies of plans and menu must be sent to all parties involved
- Ordered wines must be in stock and at the correct temperature
- Menus should be compiled in accordance with budget, staff and equipment
- Banqueting manager must discuss all details with various departments before finalising booking with client
- Food must be able to be served quickly
- Certain foods can deteriorate fast, e.g. avoid deep-fried food for large groups of people
- Repeat business is best indication of success (Any 6 × 1) (6)

7.5
- Function order form
- Function prospectus
- Letter of quotation
- Banqueting booking form
- Wedding reception booking form
- Dispatch list (Any 3 × 1) (3)

7.6
- The wine list shows which alcoholic beverages are for sale for consumption at the table.
- The aim of each licensed catering operation should be to persuade every customer to have something to drink with his/her meal, as the profit margin on alcoholic drinks can be better than that from food sales.
- The wine list, like the menu, can be seen as a tool of marketing. (3)

7.7 7.7.1 People with a gallbladder disease and with high cholesterol levels (2)

7.7.2
- Fatty meat (bacon, sausages, processed meat)
- Oily fish and shellfish
- Eggs
- Fried foods
- Spreads and soft cheeses
- Butter, margarine and cream
- Salad dressings, rich desserts and pastries (Any 2 × 1) (2)

7.8 Table d'hôte menu:
- Has a fixed selling price for the whole meal
- Has a set number of courses, usually three to five at dinner
- Has a limited number of choices for each course, whether for lunch or dinner
- Is usually ready for service at a set time (4)

7.9
- Illness or health problems – they take a lot of medication, which may prevent the absorption of nutrients
- Reduced income – cannot afford to buy meat or protein foods
- Decreased mobility makes it difficult to purchase food often
- Loss of a partner may affect the motivation to cook and eat well (4)

**[50]**

**TOTAL SECTION B: 150**
**GRAND TOTAL: 200**

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