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higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

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JUNE EXAMINATION

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

(10070274)

24 May 2013 (X-Paper)
09:00–12:00

This question paper consists of 10 pages.

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE
NUTRITION AND MENU PLANNING N4
TIME: 3 HOURS
MARKS: 200

NOTE: If you answer more than the required TWO questions, only the first two questions will be marked. All work you do not want to be marked, must be clearly crossed out.

INSTRUCTIONS AND INFORMATION

1. Answer ALL the questions in SECTION A and SECTION B.
2. Read the instructions for each question carefully and do only what is required.
3. Number the answers according to the numbering system used in this question paper.
4. Candidates will be penalised for incorrect numbering of answers.
5. Write the question number above each question.
6. Marks will be deducted for untidy work and sketches.
7. Write neatly and legibly.

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SECTION A

QUESTION 1

1.1 Various options are given as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the correct question number (1.1.1–1.1.20) in the ANSWER BOOK.

1.1.1 A source rich in protein:

A Oranges
B Meat
C Cabbage
D Sweets

1.1.2 This nutrient is essential for the building of bones:

A Fats
B Vitamins
C Calcium
D Proteins

1.1.3 Sunlight is an important source of this vitamin:

A Vitamin K
B Vitamin E
C Vitamin A
D Vitamin D

1.1.4 Dry heat causes starch granules to …

A burst.
B gelatinise.
C swell.
D dissolve.

1.1.5 … supplies the most energy in the body.

A Cereal
B Calcium
C Fats
D Proteins

1.1.6 Our body consists of …% water.

A 21
B 5
C 10
D 70

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1.1.7 The mineral that maintains the correct concentration of body fluids is …

A iron.
B sodium.
C phosphorus.
D iodine.

1.1.8 This mineral helps with the clotting of blood:

A Calcium
B Iron
C Sodium
D Phosphorus

1.1.9 The process which food must undergo before it can be absorbed into the bloodstream:

A Peristalsis
B Enzymes
C Digestion
D Absorption

1.1.10 These vegetarians eat eggs, but no meat, poultry, fish or milk:

A Vegans
B Vovegetarians
C Lacto-ovo vegetarians
D Lacto vegetarians

1.1.11 Condense milk is a typical example of the … food group.

A cereal
B protein
C calcium
D fats

1.1.12 Soya and nuts are typical examples of this food group:

A Protein or meat
B Fats and oil
C Fruit
D Vegetable

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1.1.13 The following foods should only be eaten in specified amounts when following a low-salt diet:

A Meat, milk, eggs
B Beef, biscuits, carrots
C Canned fish, bread, nuts
D Unsalted fats, vegetables, sugars

1.1.14 With this menu each dish is individually priced:

A Plat de jour
B Cyclical
C Table d'hôte
D A' la carte

1.1.15 A menu of light meals and snacks which is served from a counter:

A Canteen menu
B Buffet menu
C Room service
D Supper menu

1.1.16 The menu that is presented in the evening and is less formal:

A Dinner
B Supper
C Fork buffet
D Light buffet

1.1.17 On the arrival of the guest for a wedding breakfast ... are served.

A apéritifs
B appetisers
C starters
D cheese and biscuits

1.1.18 It spells out what will be provided and the price there of:

A Function prospectus
B Wedding reception booking form
C Letter of quotation
D Dispatch list

1.1.19 A thin slice of veal, crumbed and shallow fried:

A Raclette
B Osso buco
C Moussaka
D Wiener Schnitzel

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1.1.20 Spanish omlette of potatoes, onions and garlic:

A Paella
B Risotto
C Tortilla
D Tapas

(20 × 1) (20)

1.2 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'true' or 'false' next to the question number (1.2.1–1.2.10) in the ANSWER BOOK.

1.2.1 Ham is seen as non-kosher food for the Jews.

1.2.2 Typical dishes of South Africa are brawn, ugali and pofadder.

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

1.2.4 Basal metabolism is measured in kilojoules.

1.2.5 When a baby is 1 year old and is able to chew, start with small quantities of smooth food.

1.2.6 When you are trying to reduce your sugar consumption, cut down on your pulses which are high in fibre.

1.2.7 When you have liver or kidney diseases, avoid foods like meat, eggs and nuts.

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

1.2.9 When compiling menus for institutions, reduce fat consumption and use the minimum of salt in cooking.

1.2.10 A mechanical soft diet is used for persons that are in febrile state.

(10 x 1) (10)

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1.3 Give ONE word for each of the following statements:

1.3.1 It is listed with fat and not with the protein group because it contains more fat than meat.

1.3.2 A menu that is planned for a special occasion such as a Twenty First.

1.3.3 This occurs after the food has been broken down in the body.

1.3.4 A semi-soft crumbly, salted goat or sheep's milk cheese.

1.3.5 This fat is made from hydrogenated plant fats.

1.3.6 This mineral is part of hemoglobin, which gives red blood cells their colour.

1.3.7 The religious group that adhere to the dietary of Kashrut.

1.3.8 The festival of the Hindus, which celebrates the end of winter and the arrival of spring.

1.3.9 These menus are compiled to cover a given period of time and is very suitable for hostels.

1.3.10 Where most of the nutrients are absorbed in the body.

(10 x 2) (20)

TOTAL SECTION A: 50

SECTION B: LONG QUESTIONS

QUESTION 2

2.1 Name the functions of food rich in:

2.1.1 Cereal/Cellulose (2)

2.1.2 Calcium (2)

2.2 Name the FIVE types of animal fats. (5)

2.3 Explain the term *balanced diet.* (3)

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2.4 Nutrients play a major role in our body development.

State TWO functions of each of the following nutrients:

2.4.1 Vitamin D

2.4.2 Vitamin B2 (riboflavin)

2.4.3 Phosphorus

(3 × 2) (6)

2.5 Name THREE different ways to present a menu. (3)

2.6 Name FIVE ways to change a normal diet into a diet that can digest easily. (5)

2.7 Give FOUR hints to prevent the loss of vitamin C when preparing food. (4)

2.8 Which main nutrients must be included in the meals of toddlers and young children?

Name the FOUR nutrients and the main function of each. (4 x 2) (8)

2.9 Explain the term *food allergy*. (3)

2.10 The following French terms are on the menu of your restaurant.

Explain the meaning of each term to the guests.

2.10.1 Moussaka

2.10.2 Pita bread

2.10.3 Kebabs

(3 × 2) (6)
[47]

QUESTION 3

3.1 When planning a menu you must keep the food combinations in mind.

Review SIX of the food combinations with the chef. (6)

3.2 Explain the difference between a *morning* and *afternoon tea* to the kitchen staff. (2)

3.3 Discuss SIX factors which determine the success of a banquet. (6)

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3.4 Your hospitality department would like to open a restaurant at the college, but is not sure about the different types of menus.

Explain the following menus to them:

3.4.1 A' la carte menu (3)

3.4.2 Plat du jour menu (3)

3.4.3 Lunch menu (3)

3.5 The campus manager decided to give a **high tea** to all the secretaries to thank them for their hard work during the year.

Briefly explain what a **high tea** involves. (2)

3.6 Study the menu below and correct it by implementing the principles of laying out a menu.

dinner
menu

Consommé

15/10/2013
Pavlova

Coffee/tea
sweet carrots, stuffed baby marrows
savory rice
Roast leg of lamb with mint sauce

3.6.1 Name AND discuss SIX errors on the menu. (6)

3.6.2 Re-write the menu in the correct form in your ANSWER BOOK. (12)

3.7 What is the difference between *releve* and *entrée*? (2 x 3) (6)
[49]

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QUESTION 4

4.1 What is the aim of a wine list? (3)

4.2 Name TWO advantages and TWO disadvantages of a cyclical menu. (2 x 2) (4)

4.3 State the difference between a *banqueting booking form* and a *function prospectus*. (2)

4.4 Give the information that is required by the waiting staff after a function has been booked. (10)

4.5 Use ALL the dishes below to compile a brunch menu.

muesli; cheese cake; scrambled eggs; fresh fruit juice; fried chicken livers; yoghurt; grilled tomatoes; coffee; whole-wheat toast; sweet corn fritters

(9)

4.6 You were asked to plan a lunch menu for 50 guests, but space is a big problem. The chef in the kitchen suggests a **fork buffet**.

What factors should be taken into consideration when planning this type of menu? (6)

4.7 Recall SIX factors which affect breakfast services. (6)

4.8 Special diets: (2)

4.8.1 For what type of persons would a **low-fat** diet be prescribed? (2)

4.8.2 Name FOUR types of food that should be avoided by persons on a **low-fat** diet. (2)

4.9 Explain the factors that my lead to malnutrition in elderly people. (4)

4.10 Name FOUR types of food which could be identified as the most important food allergens. (4)

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TOTAL SECTION B: 150
GRAND TOTAL: 200

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