higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

JUNE EXAMINATION

NUTRITION AND MENU PLANNING N4

24 MAY 2013

This marking guideline consists of 9 pages.

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SECTION A: SHORT QUESTIONS

QUESTION 1:

1.1 1.1.1 B

1.1.2 C

1.1.3 D

1.1.4 A

1.1.5 A

1.1.6 D

1.1.7 B

1.1.8 A

1.1.9 C

1.1.10 C

1.1.11 C

1.1.12 A

1.1.13 A

1.1.14 D

1.1.15 A

1.1.16 B

1.1.17 D

1.1.18 C

1.1.19 D

1.1.20 C

(20 × 1) (20)

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1.2 1.2.1 True

1.2.2 True

1.2.3 False

1.2.4 False

1.2.5 False

1.2.6 False

1.2.7 True

1.2.8 True

1.2.9 True

1.2.10 False

(10 × 1) (10)

1.3 1.3.1 Bacon

1.3.2 Special function menu

1.3.3. Absorption

1.3.4 Feta

1.3.5 Margarine

1.3.6 Iron

1.3.7 Jews

1.3.8 Holi

1.3.9 Strict vegetarian/Vegan

1.3.10 Food allergy

(10 x 2) (20)

TOTAL SECTION A: 50

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SECTION B: LONG QUESTIONS

QUESTION 2

2.1 2.1.1 Cereals/Cellulose
- Helps Cellulose with the peristalsis and prevent constipation
- Helps with digestion
- Gives energy (Any 2 × 1) (2)

2.1.2 Calcium:
- Builds and maintain bones and teeth
- Helps with the clotting of blood
- Helps with the functioning of muscles (Any 2 × 1) (2)

2.2
- Lard
- Suet
- Dripping
- Butter
- Bacon (5)

2.3 It is a diet that provides the correct amount of nutrients in the required proportions for the needs of an individual in a particular stage in his life. (3)

2.4 2.4.1 Vitamin D:
- Controls the use the body makes of calcium
- Required for the proper formation of bones and teeth (2)

2.4.2 Vitamin B2:
- Essential for normal growth
- Required for release of energy from food (2)

2.4.3 Phosphorus:
- Production of energy
- Control structure of brain cells (2)

2.5
- Blackboards
- Pin board-back displays
- Individual menus (3)

2.6
- Change the consistency as in a liquid or soft diet
- Increase or decrease the energy values
- Increase or decrease fiber
- Increase or decrease specific nutrients
- Include or exclude specific foods that cause allergic reactions
- Provide food neutral in flavour (Any 5 × 1) (5)

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2.7
- Food should be cooked and served as quickly as possible
- Do not keep food warm for a long time
- Do not soak food for a long time
- Do not use an alkali
- Do not use a blunt knife
- Do not cook the food for to long
- Only cook food in a little water
- Do not through the cooking liquid away, use in soups, stocks, sauces

(Any 4 × 1) (4)

2.8
- Protein – for growth
- Calcium – for bones and teeth
- Fluoride – for teeth
- Iron – for red blood cells

(4 x 2) (8)

2.9 **Food allergy** is the harmful or abnormal reaction to the intake of one or more specific food substances. Anything which produces an allergic reaction. (3)

2.10 2.10.1 Moussaka: a dish of minced meat, aubergines, tomatoes and cheese sauce. (2)

2.10.2 Pita bread: a small, flat, round yeast bread. (2)

2.10.3 Kebabs: skewered lamb (chicken or beef) with peppers, tomatoes and mushrooms. (2)
[47]

QUESTION 3

3.1
- Colour
- Texture
- Consistency
- Shape
- Aroma
- Flavour and taste

(6)

3.2 Morning tea: has more savory than sweet dishes
Afternoon tea: Can also include coffee (2)

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3.3
- Efficiency and good planning
- A good booking or reservation system
- Copies of plans an menu must be sent to all people who are involved.
- Ordered wines must be in stock and at the correct temperature.
- Compile menus within budged, staff and equipment.
- Banqueting manager must discuss all details with various departments before finalising booking with client.
- Food must be able to be served fairly quickly.
- Certain foods can deteriorate fast – deep-fried food – avoid for large groups of people.
- Repeat business best indication of success (Any 6 × 1) (6)

3.4 3.4.1 **A'la carte menu:** This menu has a large number and a wide selection of dishes. Each dish is individually priced and customers can choose what ever they like. Customers have to wait longer for their dishes to be cooked individually. (3)

3.4.2 **Plat du jour:** 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. (3)

3.4.3 **Lunch menu:** Lunch is eaten in the afternoon between 12:00 and 14:00. According to the type of food service this can be the main meal of the day with dinner being shorter and lighter, but in general, lunch these days is lighter with not much time and money to spend on. (3)

3.5 **High Tea:** this meal is eaten late in the afternoon, normally just after five o'clock. It is very popular with England and Scotland. (2)

3.6 3.6.1
- **dinner** – written in small letters
- **menu** – written in small letters
- **MENU** – must be written above word dinner
- There should be a space between **MENU** and **DINNER**
- 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 (savory rice)** and then the **Vegetables**
- After the main course the **Dessert (pavlova)** is served

(Any 6 × 1) (6)

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3.6.2

MENU

DINNER

Consommé

Roast Leg of Lamb with Mint Sauce
Savory Rice
Sweet Carrots
Stuffed Baby Marrows

Pavlova

Coffee Tea

15/10/2013

(12)

3.7 **Relevé:** is a large joint of meat, which usually has to be carved. Potatoes and one or two vegetables are served with this course.

Entrée: is the fist of the meat courses. It is accompanied by vegetables and elegantly garnished. It is small portions of meat, poultry or game which is not roasted or grilled. When an entrée is followed by a relevé, vegetables are not served separately. (2 x 3) (6)

[49]

QUESTION 4

4.1
- The wine list shows what alcoholic beverages for consumption at the table are for sale
- The aim of each licensed catering operation should be to persuade every customer to have something to drink with his meal, since 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)

4.2 **Advantages:**
- Save 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
- Give greater efficiency in time and labour
- Help the chef with ordering, as the menu dishes will always be known in advance
- Reduce waste (Any 2 × 1) (2)

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Disadvantages:

- Caterer can not easily take advantage of "good buys" offered by suppliers on a daily or weekly basis
- When used in establishments with a captive clientele, the cycle has to be long enough so that customers do not get bored with repetition of dishes (2)

4.3 **Banqueting booking form:** the customer fills in this form as a written conformation of the function. (1)

Function prospectus: it details what is to be provided. What the customer wants. (1)

4.4

- Date and time of the function
- Number to be served
- Where to assemble
- Where to serve
- Menu details
- Plan of tables
- List of guests
- Drinks: wines, liqueurs, spirit and whether pre-ordered or cash
- Cigars and cigarettes
- Any other information (10)

4.5

Fresh Fruit Juice

Muesli with Yoghurt

Scrambled Eggs
Fried Chicken Livers
Grilled Tomatoes
Sweet Corn Fritters
Whole Wheat Toast

Cheese Cake

Coffee (9)

4.6

- Guests must be able to eat the food standing, holding a plate in one hand
- All food must be eaten with a fork
- Most of the light buffet dishes can be included
- Individual meat pieces or cut-up pieces are served
- Fresh fruit, fish cocktail or consommé my be served as a starter
- Any dessert or sweets – must be able to eat with one hand (6)

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4.7
- Food availability
- Equipment available
- Expense level
- Atmosphere – menu should reflect the décor of restaurant
- Proficiency – breakfast items are cooked to order, therefore service must be quick and efficient
- Customer make up – they are often in a hurry (6)

4.8 4.8.1 People with a gallbladder disease and with high cholesterol levels. (2)

4.8.2
- Fatty meat (bacon, sausages, processed meat)
- Oily fish and shellfish
- Eggs
- Fried foods
- Spreads, soft cheeses
- Butter, margarine, cream
- Salad dressings, rich desserts, pastries (Any 4 × 1) (4)

4.9
- Illness or healthy problems – they drink a lot of medicine that can prevent the absorption of nutrients
- A reduce in their income – not possible to buy meat or protein foods. Can use pulses
- Decreased mobility make it difficult to purchase food often
- The loss of a partner may effect the motivation to cook and eat well (4)

4.10 Milk, cola drinks, chocolate, citrus fruit, legumes, wheat, mealies, potatoes, eggs, tomatoes, onion, garlic, fish, shellfish and pork. (Any 4 × 1) (4)
[54]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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