higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

NOVEMBER EXAMINATION

NUTRITION AND MENU PLANNING N4

24 NOVEMBER 2014

This marking guideline consists of 7 pages.

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SECTION A

QUESTION 1

1.1	1.1.1	C		
	1.1.2	C		
	1.1.3	D		
	1.1.4	B		
	1.1.5	A		
	1.1.6	D		
	1.1.7	D		
	1.1.8	A		
	1.1.9	A		
	1.1.10	A		
	1.1.11	D		
	1.1.12	B		
	1.1.13	B		
	1.1.14	D		
	1.1.15	B	(15 x 1)	(15)

1.2	1. Dinner			
	2. Rissotto			
	3. Supper			
	4. Triffle			
	5. Pita bread		(5 x 2)	(10)

1.3	1.3.1	Cycling menu		
	1.3.2	Oily fruit		
	1.3.3	Lard		
	1.3.4	Butter		
	1.3.5	Sunflower oil		
	1.3.6	Function order form		
	1.3.7	Dispatch list		
	1.3.8	Banquet		
	1.3.9	English breakfast		
	1.3.10	Continental breakfast	(10 x 2)	(20)
				[45]

TOTAL SECTION A: 45

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SECTION B

QUESTION 2

2.1
- Protein or meat group
- Calcium or milk group
- Fat and oil group
- Cereal group
- Fruit and vegetables (5)

2.2 **Balanced diet** is a diet that provides the correct amount of nutrients in the required proportions for the need of an individual at a particular stage in life. (3)

2.3
- Provide the body with most of its energy
- Provides bulk to food and stimulate peristalsis
- Prevent diseases such as diabetes, cancer ecetera (3)

2.4
- Provide heat and energy
- For growth and repair
- To regulate body processes (3)

2.5 **Digestion** is when food has been eaten, it must be broken down in the body **Absorbtion** food has to be absorbed into the bloodstream to enable the body to benefit from the food, it occurs when the food is broken down. (3 x 2) (6)

2.6
- Protein
- Iron
- Calcium
- Fluoride (4 x 2) (8)

2.7
- Illness and health problems
- A reduced income
- Decrease mobility makes it difficult to purchase food and how often
- The loss of a partner (4)

2.8
- Ovovegetarians eat eggs, but no meat, poultry, fish or milk
- Lactovegetarians use milk and milk products, but no meat, poultry or fish
- Lacto-ovovegetarians use eggs and milk, but no meat poultry or fish
- Strict vegetarian or vegas do not eat any food of animal origin (4 x 2) (8)

2.9
- Brown bread
- Weet bix
- All bran flake
- Pocorn
- Brown rice
- Jungle oats
- Khune meal (Any 4 x 1) (4)

[44]

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QUESTION 3

3.1 Re-write the following menu correctly.

MENU

DINNER

Leg of Lamb with Mash Potatoes

Sweet Carrots

Glazed Carrots

Beetroot

Malva Pudding and Ice Cream

Coffee/Tea

11 December 2013 (12)

3.2
- Type of food to be served and their policy
- Budget
- The client
- The occasion
- Availability of food
- Personnel
- Food combination (7)

3.3 **À la carte menu** is a large number and a wide selection of dishes and each dish is individually priced. (3)

3.4 (a) **Design** should compliment the image, atmosphere and décor of the food service.Menu must be of good

(b) **Length** if the menu is too short the customer may be disappointed at having insufficient choice and if the menu is too long it may consist of large number ofdishes of not very good quality.

(c) **Presentation** the way it is presented to the customer will often determine initial reaction to it. It can be presented by a waiter or waitress.

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(d) **Language** is means of communication and should therefore use language that is easily understood and is English. Is important when describing dishes to be accurate so that the customer can identify the dish. Language used on the menu must convey information and be correct in respect of spelling and grammar.

(4 x 4) (16)

3.5 **Canteen menu** is a traditionally light meal and snacks are served from a counter, where waiters encourage the guest with the selections, as they move along the counter displaying the food choice. (2)

3.6
- Colour
- Texture
- Consistency
- Shape
- Aroma
- Flavour and taste

(7)
[47]

QUESTION 4

4.1

Five course meal	Four course menu
Hors d'oevre	Soup
Soup	Fish
Fish	Main course
Main course	Dessert
Dessert 7	6

(13)

4.2 **Entrée** is the first meat course, accompanied by vegetables and elegantly garnished.

Releve is a large joint of meat which usually has to be carved and potatoes and one or two vegetables are served with this course. (2 x 2) (4)

4.3
- Food availability
- Equipment available
- Expense level
- Atmosphere
- Proficiency
- Customer make-up

(4)

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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 guest
- Drinks apéritifs, wines, liqueur, spirit and whether cash or pre-ordered
- Cigars, cigarettes
- Any other information (Any 4 x 1) (4)

4.5
- Number of covers
- Where to assemble
- Where to serve
- Menu details
- Quoting for functions
- Order form records the customer's demand and prospectus details what is to be provided.
- Outside catering (7)

4.6

Advantages	Disadvantages
• Save time • When the recipes are correct it is possible to produce the entire number of portions of each item to the whole cycle. • They give greater affiance in time labour • They cut down on the number of food held in stock' • Helps the chef with ordering • Reduce waste	• Caters cannot easily take advantages of good buys offered by suppliers. • When used in establishment with a captive clientele, the cycle has to be long so that customers do not get bored with repetition of dishes.

(6)

4.7
- It can be prepared by less skilled staff, once production methods have been learned
- It requires fewer food items to be held in stock.
- It will reduce food wastage
- It will help to maintain the required standard of food production because the chef will find it easier to supervise a smaller number of dishes.

(Any 2 x 1) (2)

4.8 **Function order form** is a form that records the customer's demands.

Dispatch list is a list of food and equipment to be served for an outside catering. (2 x 2) (4)

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4.9 **English breakfast** consists of several courses, with a choice of items for each course

Continental breakfast is a plain and simple meal and does not usually contain any hot dishes (2 x 2) (4)

4.10
- Guest must be able to eat the food standing
- All food must be eaten with a fork
- Most of the light buffet dishes can be included
- Individual meat pieces or cut-up pieces of meat are served
- Fruit fish cocktail may be served as a starter
- Any sweet sas listed for light buffet may be served (6)

4.11
4.11.1 **Puree** –soup that has been thickened by pureeing one of the ingredients
4.11.2 **Consomme** –Clear soup
4.11.3 **Omelet** – eggs beaten together, fried and folded
4.11.4 **Lasagne –**is a flat sheet of pasta used for baking in layers with meat and cheese sauce.
4.11.5 **Bolognaise** – pasta served with minced meat sauce
(5 x 2) (10)
[64]

TOTAL SECTION A: 150
GRAND TOTAL: 203

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