higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

NOVEMBER EXAMINATION

NUTRITION AND MENU PLANNING N4

18 NOVEMBER 2016

This marking guideline consists of 7 pages.

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QUESTION 1

1.1 B
1.2 D
1.3 B
1.4 A
1.5 C
1.6 C
1.7 D
1.8 D
1.9 B
1.10 A

(20 x 1) **[20]**

QUESTION 2

2.1 Balance diet provides the correct amount of nutrients in the required proportion for the needs of an individual at a particular stage in life. (3)

2.2
- Are essential for general growth and muscle development.
- Build, repair and maintenance of body
- Prevent certain deficiency diseases
- Responsible for haemoglobin synthesis in red blood cells. (4 x 2) (8)

2.3 Food is only substance, liquid or solid which provides the body with materials. (2)

2.4
- Plant fat
- Animal fat (2)

2.5
- Milk
- Cheese
- Meat
- Eggs
- Nuts
- Soya beans
- Fish
- Poultry (Any 4 x 1) (4)

2.6
- Building of strong bones and teeth
- Helps to clot blood after injury
- Milk products contain riboflavin and this vitamin helps with energy metabolism
- Required for the correct function of muscles and nerves (4 x 2) (8)

2.7
- Refined cereal
- Unrefined cereal (2)

2.8
- Brown bread
- Popcorns
- Khune meal
- Weet bix
- Jungle oats
- All brain flakes
- Brown rice (6 x 1) (6)

2.9
- White bread
- Mealie meal
- White rice
- Spaghetti
- Cake flour
- Cornflakes
- Tapioca (Any 4 x 1) (4)

2.10
- Provide the body with most its energy.
- Provide bulk to food and stimulates peristalsis
- Prevent diseases e.g. Diabetes, constipation, cancer of the colon, dental caries and many more. (3 x 2) (6)

2.11
- Lard
- Bacon
- Suet
- Dripping
- Butter (5 x 1) (5)

2.12
- Margarine
- Olive oil
- Spread
- Salad oil
- Oily fruits
- Sunflower oil
- Orley whip (7 x 1) (7)

2.13
- To regulate body processes
- For growth and repair
- For heat and energy (3 x 1) (3)

[60]

QUESTION 3

3.1 Nutrients
3.2 Digestion
3.3 Bacon
3.4 Margarine
3.5 Spread
3.6 Oily fruits
3.7 Lard
3.8 Continental
3.9 Foods
3.10 Butter
3.11 Suet

(11 x 2) **[22]**

QUESTION 4

4.1 Menu is a detailed list of food to be served at a specific meal, is also a communication between a customer and staff (3)

4.2 Cyclical menu is compiled over a given period of time one month or three month, consist of set menu that rotated for a particular establishment (3)

4.3

ADVANTAGES	DISADVANTAGES
• same time by removing daily or weekly • give great efficiency in time and labour • cut down the number of food held is food • helps the chef with ordering • reduce waste • when the standards recipes are correct, it is possible to produce the entire number of portions of each item	• Cannot easily take advantage of 'good buys'. • Long cycle can bare the customers

(8 x 1) (8)

4.4



ONE mark for spacing and one for spacing (12)

4.5 4.5.1 PLA DU JOUR dish of the day planned and written daily

4.5.2 A LA CARTE wide selection of dishes e.g. KFC

4.5.3 BUFFEE self service

4.5.4 TABLE D'HOTE set up menu with limited dishes

4.5.5 BRUNCH combination of lunch and supper

(5 x 2) (10)

4.6
- Blackboards
- Pinboard – back displays
- Individual menus (3 x 1) (3)

4.7
- Textures
- Colour
- Consistency
- Shape
- Aroma
- Temperature
- Flavour
- Taste (8 x 1) (8)

4.8
- The client
- Budget
- Type of food service and their policy
- Occasional
- Food combination
- Availability of food
- Type of food service and their policy (7 x 1) (7)

4.9
- purpose of the organisation
- Selling price of the items on the menu must fall within the guidelines of the foodservice.
- Operation cost and plus profit (3 x 2) (6)

4.10 High tea is traditional in England and popular in Scotland. This meal is eaten late in the afternoon, normally just after five o'clock (4)

4.11
- Food availability
- Equipment available
- Expense level
- Atmosphere
- Proficiency
- Customer makeup (6 x 1) (6)

4.12
- English breakfast
- Continental breakfast (2)

4.13 Banquet refers to an expensive and splendid meal given to a large number of guests on festival or occasions. (3)

4.14
- Efficiency and good planning
- A good booking or reservation system
- Copies of plans and menu must be sent out to all the people whom are involved –the kitchen, cellar, maintenance and the front office.
- The ordered wines must be in stock and at the correct temperature
- The menu must be compiled within the scope and possibilities of the establishment
- The banqueting manager must discuss all the details with the various department managers, before finalising the booking with the client
- The food, which will possibly be for a large number of people must be dressed in such a way that it can be served fairly quickly
- Certain foods, like deep-fried foods deteriorate quickly and should be avoided when serving for a large number of people.
- Profitability and repeat business are the best indicators of success

(Any 7 x 1) (7)

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4.15
- Date and time of function
- Number to serve where to assemble
- Where to serve
- Menu details
- Plan of tables
- List of guest
- Drinks
- Cigars, cigarettes (Any other information) (10 x 1) (10)

4.16
- Dispatch list
- Wedding reception booking form
- Banqueting booking form
- Letter of question
- Function prospectus
- Function order form (6 x 1) (6)

[98]

TOTAL: 200

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