higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

19 NOVEMBER 2019

This marking guideline consists of 9 pages.

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SECTION A: SHORT QUESTIONS

QUESTION 1

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

(20 × 1) **[20]**

QUESTION 2

2.1 True
2.2 True
2.3 False
2.4 False
2.5 False
2.6 False
2.7 True
2.8 True
2.9 True
2.10 False

(10 × 1) **[10]**

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QUESTION 3

3.1 E
3.2 A
3.3 B
3.4 E
3.5 I
3.6 D
3.7 J
3.8 I
3.9 H
3.10 F

(10 × 2) **[20]**

TOTAL SECTION A: 50

SECTION B

QUESTION 4

4.1 4.1.1 Eat eggs, but no meat, poultry, fish or milk

4.1.2 Use milk and milk products, but no meat, poultry, fish or eggs

4.1.3 Use eggs and milk, but no meat, poultry or fish

4.1.4 Do NOT eat any food of animal origin

(4 × 2) (8)

4.2 4.2.1 The material food is composed of are known as nutrients. They are proteins, carbohydrates, fats, vitamins, minerals and water.

4.2.2 Food is any substance, liquid or solid which provides the body with materials, for heat and energy, for growth and repair, to regulate body processes

4.2.3 A food allergy is the harmful or abnormal reaction to the intake of one or more specific food substances. Anything, which produces an allergic reaction, is known as an allergen

(3 × 2) (6)

4.3
- Digestion is when food has been eaten and it must be broken down in the body.
- Absorption is when food has been absorbed into the bloodstream to enable the
- Body to benefit from food. It occurs after the food has been broken down.

(Any 2 × 2) (4)

4.4 4.4.1 Makes the hormone thyroxin, which helps to control the rate of metabolism.

4.4.2 Maintain the correct concentration on the body fluids.

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

4.4.4 Controls the structure of the brain cells.

4.4.5 Build and maintenance of bones and teeth and helps with clotting of blood

(5 × 2) (10)

4.5
- Sunflower oil
- Salad oil
- Olive oil
- Margarine
- Spreads
- Oily fruits
- Orley whip (7)

4.6 A balanced diet is an eating plan that provides the correct amount of nutrients, in the required proportions, for the needs of an individual at a particular stage in his life. (3)

4 4.7.1 Greece – a dish of minced meat, aubergines, tomatoes and cheese sauce

4.7.2 Germany – pickled white cabbage, served hot

4.7.3 Italy – a vegetable soup with pasta and served with cheese

4.7.4 French – snails served in their shells, with garlic butter

4.7.5 Japanese – cold cooked rice with fish, seasoned with rice vinegar

(5 × 2) (10)

4.8
- Blackboards
- Pin board-back displays
- Individual menus (Any 2 × 1) (2)

[50]

QUESTION 5

5.1 5.1.1 À la carte menu: 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.

5.1.2 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 would usually have to wait a short while, since the kitchen prepared dishes in advance on an expected number of customers for each dish.

5.1.3 This is the dish of the day and is planned and written on the display board 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.

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

(4 × 2) (8)

5.2
- Type of food service and their policy.
- Budget
- The client
- The occasion
- Availability of food
- Personnel
- Food combination (7)

5.3 5.3.1 The hot food must be served piping hot and cold food must be well cooled.

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

5.3.3 Descriptions such as crisp, crunchy, soft, smooth, rubbery and chewy.

5.3.4 The smell of a dish - it must relate to what is expected to be.

(4 × 2) (8)

5.4
- The purpose of the organisation.
- The selling price of the items on the menu 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 is based on the cost of food plus labour plus operational cost plus the profit. (3 × 2) (6)

5.5 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. (4)

5.6 The 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 a variety of ways, bacon, sausages, tomatoes, mushrooms, toast, rolls, croissants, tea and coffee.

The American breakfast is similar to the English breakfast.
They both serve basically the same food.
They serve pancakes or flap jacks with maple syrup, instead of cereal, and they add potatoes to their main dish.
They drink a lot of coffee. (2 × 3) (6)

5.7 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: This the first of the meat courses. It is accompanied by vegetables and it is 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 × 3) (6)

5.8 (Answer in sequence)
- Hors d'oeuvre
- Soup
- Fish
- Main course
- Dessert (5)

[50]

QUESTION 6

6.1 6.1.1

- Dinner – written in small letters
- Menu – written in small letters
- Menu – must be written above the word 'lunch'
- There should be a space between 'menu' and 'lunch'
- 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
- Centre the menu (Any 6 × 1) (6)

6.1.2

MENU✓

LUNCH✓
✓
✓Beef consommé✓

Lemon and herb roasted chicken with bread sauce✓

Roast Potato✓ Cinnamon Squash✓

Sauté Broccoli✓

Crème Caramel✓

Coffee/Tea✓

30/12/2017✓ (12)

6.2 **Advantages:**

- Save time by removing the 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 regard to time and labour
- Help the chef with ordering, as the menu dishes will always be known in advance
- Reduce waste (Any TWO)

Disadvantages:

- Caterer cannot 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 × 2) (4)

6.3
- Morning tea: has more savoury than sweet dishes
- Afternoon tea: can also include coffee (2 × 2) (4)

6.4
- Efficiency and good planning
- A good booking or reservation system
- Copies of plans and menu must be sent to all the people who are involved
- Ordered wines must be in stock and stocked at the correct temperature
- Compile menus within budget, staff and equipment
- Banqueting manager must discuss all details with the various departments before finalising booking with client
- Food must be served fairly quickly
- Certain foods can deteriorate fast; deep-fried food – avoid for large groups of people
- Repeat business is the best indication of success (Any 6 × 1) (6)

6.5
- Function order form
- Function prospectus
- Letter of quotation
- Banqueting booking form
- Wedding reception booking form
- Dispatch list (Any 3 × 1) (3)

6.6
- 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, be a tool of marketing. (3)

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6.7 6.7.1 People with a gallbladder disease and with high cholesterol levels. (2)

6.7.2
- 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 2 × 1) (2)

6.8
- 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; kan use pulses
- Decreased mobility makes it difficult to purchase food often
- The loss of a partner may affect the motivation to cook and eat well (4)

6.9
- Milk
- Cola drinks
- Chocolate
- Citrus fruit
- Legumes
- Wheat
- Mealies
- Potatoes
- Eggs
- Tomatoes
- Onion
- Garlic
- Fish
- Shellfish
- Pork (Any 4 × 1) (4)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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