higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

(10070274)

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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

INSTRUCTIONS AND INFORMATION

1. Answer ALL the questions.

2. Read ALL the questions carefully.

3. This paper consists of TWO sections:

SECTION A:	SHORT QUESTIONS	50 marks
SECTION B:	LONG QUESTIONS	150 marks
GRAND TOTAL:		200 marks

4. Number the answers according to the numbering system used in this question paper.

5. Write neatly and legibly.

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SECTION A

QUESTION 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 question number (1.1–1.20) in the ANSWER BOOK.

1.1 Dark green vegetables are rich in:

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

1.2 The first of the courses during which meat is served:

A Relevé
B Entree
C Removee
D Plat du jour

1.3 A chief source of vitamin D:

A Water
B Nuts
C Sunlight
D Coffee

1.4 This menu is presented in the evening and is less formal:

A Dinner
B Fork buffet
C Light buffet
D Supper

1.5 … is recommended for the aged to prevent anemia.

A Fiber
B Calcium
C Iron
D Protein

1.6 This type of meal is eaten between 12:00 and 14:00:

A Dinner
B Luncheon
C Plat du jour
D Brunch

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1.7 A type of food rich in ascorbic acid:

A Banana
B Citrus fruits
C Red meat
D Cheese

1.8 This mineral assist with the clotting of blood:

A Calcium
B Iron
C Sodium
D Phosphorus

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

A Peristalsis
B Enzymes
C Digestion
D Absorption

1.10 A type of vegetarian that only consumes foods of plant origin:

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

1.11 Suet is a typical source of:

A Plant fats
B Margarine
C Plant oil
D Animal fat

1.12 Beans and nuts are typical examples of:

A Plant protein
B Animal fats
C Animal protein
D Monosaccharides

1.13 A type of refined cereal:

A Brown rice
B Weet-Bix
C Cornflakes
D All Bran flakes

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1.14 ALL dishes are individually priced in this type of a menu:

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

1.15 ALL canned foods should be avoided in this diet:

A Low-salt diet
B Low-protein diet
C Low-fat diet
D Reduction diet

1.16 A type of food, called Haggis, originates from:

A Scotland
B Ireland
C China
D Russia

1.17 Lactose is a natural sugar found in:

A Fruits
B Milk
C Sugar cane
D Grains, e.g. barley

1.18 A document containing ALL information regarding the issuing of crockery, cutlery and linen for functions:

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

1.19 Beef Stroganoff is best described as:

A Strips of beef sautéed with mushrooms and sour cream
B A thin slice of veal, crumbed and shallow fried
C A type of sausage
D A soft white crumbly cheese

1.20 A Spanish rice dish flavored with saffron:

A Paella
B Risotto
C Tortilla
D Tapas

(20 × 1) **[20]**

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QUESTION 2

Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (2.1–2.10) in the ANSWER BOOK.

2.1 Bacon is non-kosher food for the Jews.

2.2 Typical dishes of South Africa are biltong, ugali and milk tart.

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

2.4 Basal metabolism is measured in kilojoules.

2.5 When a baby is one-year old and is able to chew, start with small quantities of smooth food.

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

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

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.

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

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

(10 × 1) **[10]**

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QUESTION 3

Choose the description from COLUMN B that matches an item in COLUMN A. Write only the letter (A–J) next to the question number (3.1–3.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1	Vitamin B1	A	growth of children building strong bones and teeth
3.2	Vitamin C	B	helps with maintenance and health of the skin
3.3	Vitamin A	C	important factor in the release of energy from food
3.4	Vitamin B	D	assists in the production of coagulation factors in the blood, to clot properly after an injury
3.5	Vitamin B12	E	keep nervous system in good condition
3.6	Vitamin K	F	controls the use the body makes of calcium
3.7	Vitamin B3	G	helps with growth
3.8	Vitamin B2	H	it gives use energy
3.9	Vitamin E	I	required for the metabolism of amino acid and other enzyme systems
3.10	Vitamin D	J	is essential for normal growth and required for release of energy from food

(10 × 2) **[20]**

TOTAL SECTION A: 50

SECTION B

QUESTION 4

4.1 Explain each of the following types of vegetarians:

4.1.1 Ovo-vegetarians

4.1.2 Lacto-vegetarians

4.1.3 Lacto-ovo-vegetarians

4.1.4 Strict vegetarians

(4 × 2) (8)

4.2 Explain each of the following terms:

4.2.1 Nutrients

4.2.2 Food

4.2.3 Food allergy

(3 × 2) (6)

4.3 What is the difference between digestion and absorption? (2 × 2) (4)

4.4 State the function of each of the following minerals in our body:

4.4.1 Iodine

4.4.2 Sodium

4.4.3 Iron

4.4.4 Phosphorus

4.4.5 Calcium

(5 × 2) (10)

4.5 Name the different types of plant oils. (7)

4.6 What is a balanced diet? (3)

4.7 State the country of origin and describe the following dishes:

4.7.1 Moussaka

4.7.2 Sauerkraut

4.7.3 Minestrone

4.7.4 Escargot

4.7.5 Sushi

(5 × 2) (10)

4.8 State TWO different ways to present a menu. (2)

[50]

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QUESTION 5

5.1 Explain each of the following types of menus:

5.1.1 À la carte

5.1.2 Table d'hôte

5.1.3 Plat du jour

5.1.4 Special function menu

(4 × 2) (8)

5.2 Name the factors that you must consider when compiling a menu. (7)

5.3 Discuss the importance of each of the following aspects which play a role when planning a menu:

5.3.1 Temperature

5.3.2 Shape

5.3.3 Texture

5.3.4 Aroma

(4 × 2) (8)

5.4 List THREE factors that influence the prices on a menu. (3 × 2) (6)

5.5 Describe a c*ontinental breakfast.* (4)

5.6 Explain the difference between an *American* and *English* breakfast. (6)

5.7 What is the difference between a *relevé* and an *entrée*? (2 × 3) (6)

5.8 Name the courses in sequence for a FIVE course meal. (5)

[50]

QUESTION 6

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

Lunch

Menu

Beef Consommé

31/12/2017
Crème Caramel

Coffee/tea

Cinnamon squash, sauté broccoli

Roast potato

lemon and herb roasted chicken with bread sauce

6.1.1 Name and discuss SIX errors on the menu. (6)

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

6.2 State TWO advantages and TWO disadvantages of a cyclical menu. (2 × 2) (4)

6.3 Explain the difference between a *morning* and *afternoon* tea. (2 × 2) (4)

6.4 Discuss SIX factors that determine the success of a banquet. (6)

6.5 Name THREE forms that are required for effective planning of functions. (3)

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

6.7 Special diets:

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

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

6.8 Explain the factors that may lead to malnutrition in elderly people. (4)

6.9 Name FOUR types of food which could be identified as the most important food allergens. (4)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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