higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N830**(E)**(J7)H

NATIONAL CERTIFICATE

INTRODUCTORY HYGIENE AND SAFETY N4

(19050104)

7 June 2019 (X-Paper)
09:00–12:00

This question paper consists of 8 pages.

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE
INTRODUCTORY HYGIENE AND SAFETY N4
TIME: 3 HOURS
MARKS: 200

INSTRUCTIONS AND INFORMATION

1. Answer ALL the questions.
2. Read ALL the questions carefully.
3. Number the answers according to the numbering system used in this question paper.
4. Write neatly and legibly.

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SECTION A

QUESTION 1

1.1 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 (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 Enamel parts of stoves should be cleaned …

A while the stove is still warm.
B with an abrasive.
C when the stove is cold.
D with steel wool.

1.1.2 … is the most disgusting habit and is not allowed in the food service unit.

A Tasting of food
B Spitting
C Smoking
D Coughing and sneezing

1.1.3 The disadvantages of a wooden chopping board is that it is …

A hygienic.
B clean.
C without cracks.
D porous.

1.1.4 The delivery temperature of frozen food must not be higher than … °C.

A -7
B -15
C -10
D -12

1.1.5 A person with a broken bone should ...

A be moved.
B not be moved.
C be given pain killing tablets.
D be laid down on the floor.

1.1.6 Raw food should be stored …

A in a dark cupboard.
B in separate, sealed containers in the refrigerator.
C at room temperature.
D in the same container with cooked food in the refrigerator.

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1.1.7 Cooked food that is not eaten immediately must be kept at a temperature higher than …

A 70 °C.
B 60 °C.
C 65 °C.
D 55 °C.

1.1.8 … ovens cook and heat food by using high frequency power.

A Convection
B Induction
C Microwave
D Steaming

1.1.9 ... need to be covered with waterproof dressing to prevent cross-contamination.

A Fractures
B Nosebleeding
C Cuts
D Injuries from lifting heavy items

1.1.10 Bain-maries are open wells of water used for …

A steaming food.
B poaching eggs.
C keeping food hot.
D boiling vegetables.

(10 × 2) (20)

1.2 Choose a description from COLUMN B that matches an item in COLUMN A. Write only the letter (A–K) next to the question number (1.2.1–1.2.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.2.1	Eggs	A	bacteria will not grow on it
1.2.2	Food with a high acid content	B	should be kept short
1.2.3	Brat pan	C	should be absorbent
1.2.4	Griddle	D	form a hard protective layer
1.2.5	Nose	E	mostly affected by salmonella
1.2.6	Protective clothing	F	used for cooking hamburgers, eggs and bacon
1.2.7	Fingernails	G	use disposable tissues
1.2.8	Strains and injuries	H	remove a variety of stains
1.2.9	Fracture	I	provide temporary support
1.2.10	Polishes	J	cooks a variety of food at a time
		K	lift with the leg muscle

(10 × 1) (10)

1.3 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (1.3.1–1.3.10) in the ANSWER BOOK.

1.3.1 Metal can be used in a microwave oven.

1.3.2 Prevent falling and slipping by walking backwards.

1.3.3 Turn off the gas and wait a few minutes before relighting it.

1.3.4 Griddles are solid metal plates that are heated from below.

1.3.5 Copper does not tarnish easily.

1.3.6 Baking sheets should be washed as little as possible.

1.3.7 Fresh milk and cream should be purchased monthly.

1.3.8 Prevent food poisoning by defrosting food at room temperature.

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1.3.9 Water is not the best solvent, because of its low water tension.

1.3.10 Clean the interior surface of a refrigerator with very hot water and a mild detergent.

(10 × 1) (10)

1.4 Define each of the following terms:

1.4.1 Detergents

1.4.2 Bleaches

1.4.3 Harmless micro-organisms

1.4.4 Spontaneous food spoilage

1.4.5 Sanitiser

(5 × 2) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

Read the following case study and answer the questions.

A restaurant was found to be responsible for a series of cases of food poisoning. The restaurant in question was known for its regular Tudor evenings. The meals provided at these events consisted of a large steak and a selection of salads, which were served on a wooden platter.

On investigation, it was found that the wooden platters, many of which were scored and cracked, were scraped clean after use and washed by hand. The person responsible for doing the washing up did not wear rubber gloves and, therefore, it was unlikely that the temperature of the water was at the recommend temperature of 50–60 °C. There was no second sink for rinsing and disinfecting.

To prepare for the evening, the staff at the restaurant plated up the salads on the wooden platters during the day and left them on a large table, ready for the freshly cooked steak to be added later in the evening. Some of the salads contained high-risk ingredients, such as rice and eggs, and many were dressed in mayonnaise. However, no foods were being cross-contaminated from the wooden platters. As a result, the restaurant was asked to discontinue the use of the wooden platters.

2.1 Name and discuss ALL SEVEN possible mistakes that were made in this restaurant. (7 × 2) (14)

2.2 Kitchen equipment should be cleaned after every use.

Describe the FIVE stages of the cleaning process step by step. (5 × 2) (10)

2.3 Discuss SIX ways in which cuts can be prevented by using knives in a proper way. (6)

2.4 Name FOUR types of boilers. (4)

2.5 Explain how you would care for the following:

2.5.1 Non-stick pans (3)

2.5.2 Dishwashers (3)

2.6 State the FIVE general rules to control pest infestation. (5 × 2) (10)
[50]

QUESTION 3

3.1 Name SEVEN characteristics of suitable cloths. (7)

3.2 Describe the cleaning of a refrigerator. (4)

3.3 Discuss the aims of cleaning. (3)

3.4 Describe the handwashing procedure. (8)

3.5 If skin is not clean, dirt can clog the pores so that the body is not free to secrete.

Explain how you care for your skin. (5)

3.6 List THREE types of food spoilage. (3)

3.7 Describe each of the following kinds of food poisoning:

3.7.1 Natural poison

3.7.2 A toxin

3.7.3 A mycotoxin

(3 × 3) (9)

3.8 Plastic is a very versatile material.

Name TWO types of plastics and their uses. (2 × 2) (4)

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3.9 Discuss SEVEN rules that should be implemented to prevent accidents while using knives in the preparation of food. (7)
[50]

QUESTION 4

4.1 Explain how to prevent the following accidents from happening in the kitchen:

4.1.1 Cuts

4.1.2 Falling and slipping

(2 × 8) (16)

4.2 Burns and scalds are caused by dry, moist heat.

Which precautionary measures should be taken to prevent scalds and burns? (6)

4.3 Gas is mostly used in the food service establishment to save electricity.

Explain the safe handling of gas. (4 × 2) (8)

4.4 Explain THREE ways in which cuts should be treated. (3 × 2) (6)

4.5 Explain THREE basic methods to extinguish fires. (3 × 2) (6)

4.6 Discuss EIGHT ways in which electrical apparatuses should be correctly handled to prevent accidents. (8)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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