higher education & training

Department:
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REPUBLIC OF SOUTH AFRICA

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NATIONAL CERTIFICATE

INTRODUCTORY HYGIENE AND SAFETY N4

(19050104)

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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 (1.1–1.10) in the ANSWER BOOK.

1.1.1 Sugar should be stored in a …

A refrigerator.
B freezer.
C dry, cool place.
D dark damp place.

1.1.2 A person who has a broken bone should …

A not be moved.
B be moved.
C be given a pain-killing tablet.
D be placed on the floor.

1.1.3 A detergent should …

A form a soluble scum.
B lower the surface tension of water.
C clean tarnished surfaces.
D not keep the dirt dispersed in water.

1.1.4 A … is a solid top plate made of vitro-ceramic material and provides heat when pans are put on them.

A halogen hob
B boiling pan
C induction cooker
D bratt pan

1.1.5 … spreads easily when you sneeze, cough or even whistle in the food service area.

A Salmonella
B Staphylococci
C Clostridium
D Bacillus cereus

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1.1.6 Food-service workers should take a bath or shower …

A every week.
B every third day.
C every day.
D every second day.

1.1.7 The temperature in the refrigerator should be between …ºC

A 1 and 4
B 0 and -2
C -1 and 3
D 6 and 8

1.1.8 Bacteria called … are found in adults' noses, throats and mouths.

A bacillus cereus
B staphylococcus
C salmonella
D clostridium perfrigens

1.1.9 … can be used for cooking by convection, steam or a combination of both.

A Atmospheric steamer
B Convection and steaming ovens
C Pressure steamer
D Pressure less steamer

1.1.10 A burn can be caused by …

A dry heat.
B a knife.
C low heat.
D food cutter.

(10 × 1) (10)

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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	Yeast	A	soap less detergent
1.2.2	Mould	B	used to remove stains
1.2.3	Foot care	C	wear low or flat soled shoes
1.2.4	Skin care	D	used to make wine, beer, breads and mild soap
1.2.5	Synthetic detergent	E	use a mild soap
1.2.6	Bleach	F	used to make antibiotics like penicillin
1.2.7	Solvent	G	place casualty in a sitting position
1.2.8	Cut (Wound)	H	lower the surface tension of the water
1.2.9	Nose bleeds	I	make people handle equipment correctly
1.2.10	Preventing accidents	J	leave major repair for an expert
		K	apply direct pressure on the wound

(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 Rodents include mice and birds.

1.3.2 Protective clothing should be absorbent.

1.3.3 Soap was the first detergent to be invented.

1.3.4 Food must always be covered.

1.3.5 Detergent increases the surface tension of water.

1.3.6 Micro-organisms require cold temperature to grow.

1.3.7 Defrosting of refrigerator must be done every week.

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1.3.8 A plastic spatula is handy to remove stubborn ice in the freezers.

1.3.9 Water is the best solvent.

1.3.10 Foot prints in the dust are signs of bacteria.

(10 × 2) (20)

1.4 Give 10 ways of preserving food. (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 Describe the cleaning of the following equipment.

2.1.1 Microwave cooker (5)

2.1.2 Induction cooker (6)

2.2 What are the consequences of food not stored correctly according to good hygienic standards? (5)

2.3 Name THREE ways of storage in which food are stored correctly. (3)

2.4 Explain how to clean the following areas in the kitchen and how often this should be done.

AREA	CLEANING METHOD		FREQUENCY OF CLEANING	
Stainless steel	2.4.1	(3)	2.4.2	(1)
Walls	2.4.3	(3)	2.4.4	(1)

(8)

2.5 State the FIVE stages of the cleaning process. (5)

2.6 Discuss on how to take care of the skin under personal hygiene. (5)

2.7 One of the requirements for protective clothing which a food handler should wear is suitable colour.

Explain what is expected from the colour of protective clothing. (8)

2.8 Give FIVE reasons why smoking is not allowed in the food preparation area. (5)
[50]

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QUESTION 3

3.1 Describe the following food poisoning and give one example:

3.1.1 Natural poison

3.1.2 A toxin

3.1.3 Mycotoxin

(3 × 3) (9)

3.2 Name FIVE main groups of micro-organisms. (5)

3.3 Discuss unhygienic habits under hygiene. (9)

3.4 Kitchen hygiene is of great importance.

Give reasons for the adherence to measures conducive to health and hygiene. Refer to the following:

3.4.1 Those who work in the kitchen (4)

3.4.2 The owners of food preparation units (3)

3.4.3 The customers (2)

3.5 Describe the cleaning of the following equipment

3.5.1 Deep-fat fryer (6)

3.5.2 Salamander (4)

3.5.3 Automatic dish washer (6)

[48]

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QUESTION 4

4.1 Explain the first-aid treatment that you would apply if the following should occur:

4.1.1 Shock (4 × 2) (8)

4.1.2 Nose bleeds (4 × 2) (8)

4.2 Accidents occur in the food service unit.

Briefly explain the reporting of accidents in a food service unit. (7)

4.3 How can a safe working place for food service workers be created? (5 × 2) (10)

4.4 Name the general symptoms of food poisoning. (6)

4.5 State THREE favourable combinations necessary for the multiplication of bacteria. (3)

4.6 Discuss the procedures of reporting a fire. (3)

4.7 Name SEVEN characteristics of suitable kitchen clothing. (7)
[52]

TOTAL SECTION B 150
GRAND TOTAL 200

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