higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE

INTRODUCTORY HYGIENE AND SAFETY N4

(19050104)

27 November 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 No soaking should take place in …

A China ware.
B glass.
C rubber.
D wood.

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

A Fractures
B Nose-bleeding
C Cuts
D Injuries from lifting heavy objects

1.1.3 … has a solid top made of vitro-ceramic materials and provides heat when pans are put on them.

A Halogen hob
B Boiling pan
C Induction cooker
D Bratt pan

1.1.4 … is an appliance with a high-speed motor and stainless steel blades to puree food.

A Food processor
B Food slicer
C Kettle
D Liquidiser/Blender

1.1.5 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 containers as cooked food in the refrigerator.

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1.1.6 Cuts and sores should be …

A left open to dry.
B covered with a waterproof dressing.
C washed and left open.
D covered with an ointment.

1.1.7 An oven in which hot air is circulated with force inside, is called an …

A microwave oven
B induction cooker
C convection oven
D steamer

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

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

1.1.9 Harmless micro-organism are used to make …

A disinfectants.
B sterilisers.
C bread and wine.
D detergents.

1.1.10 … runs on electricity and compromises of five individually heat controlled knobs under a ceramic glass surface.

A Bratt pan
B Induction cooker
C Halogen hob
D Hot cupboards

(10 × 1) (10)

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1.2 Choose a description from COLUMN B that matches a/an word/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	Suitable clothing	A	encourages one to cough
1.2.2	Smoking	B	produces toxic substances in food
1.2.3	Bread	C	non-pathogenic organisms
1.2.4	No smoking in the kitchen	D	should be protective and absorbent
1.2.5	Pathogenic micro-organism	E	ash may drop into the food
1.2.6	To prevent burns	F	keeps pan handles out of the walking way
1.2.7	Food with high acid content	G	bacteria will not grow in it
1.2.8	Bratt pan	H	mostly infected by salmonella
1.2.9	Protective clothing	I	provides temporary support
1.2.10	Fracture	J	removes a variety of stains
		K	lift with the leg muscles

(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 Detergents increase the surface tension of water.

1.3.2 Rodents include mice and birds.

1.3.3 Defrosting of freezers must be done every day.

1.3.4 Colourless nail polish may be worn in the food preparation area.

1.3.5 Blow your nose while working with food.

1.3.6 Any breakage of the skin is not an ideal breeding place for bacteria.

1.3.7 A liquidiser purees or blends food.

1.3.8 Eat frozen or refrigerated foods that have been left at room temperature to prevent food poisoning.

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1.3.9 All cleaning agents should be stored in open containers.

1.3.10 Cut away from yourself to prevent cuts.

(10 × 2) (20)

1.4 Define the following words/terms:

1.4.1 bleaches

1.4.2 sanitiser

1.4.3 preservation of food

1.4.4 cross-contamination

1.4.5 chemical spoilage

(5 × 2) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 Briefly explain temperature as one of the conditions required for the growth of micro-organisms. (6)

2.2 State FIVE general rules to control pest infestation. (5 × 2) (10)

2.3 Smoking is not allowed in the food preparation area.

Give FOUR reasons. (4)

2.4 One of the requirements of protective clothing for food handlers is a suitable colour.

Explain what is expected regarding the colour of protective clothing. (4 × 2) (8)

2.5 Lucy is employed as a chef at SUSU'S restaurant.

State TEN unhygienic habits that Lucy must avoid at all costs while preparing food. (10)

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2.6 Discuss personal hygiene under the following headings:

2.6.1 Hair (6)

2.6.2 Skin (4)

2.7 Give TWO reasons why personal hygiene is so essential for food service employees. (2)

[50]

QUESTION 3

3.1 Discuss how to reduce contamination of food with bacteria under the following headings:

3.1.1 Care of food (8)

3.1.2 Personal care of the employee (4)

3.2 Describe the following kinds of food poisoning and give one example on each:

3.2.1 Natural poisons

3.2.2 Toxins

3.2.3 Mycotoxins

(3 × 3) (9)

3.3 Give THREE causes for the food spoilage. (3)

3.4 Discuss personal hygiene under the following headings:

3.4.1 Nails (2)

3.4.2 Unhygienic habits (8)

3.4.3 Foot care (5)

3.5 For hygienic handling of food, which factors should be considered when preparing food? (5)

3.6 Name THREE characteristics of suitable kitchen clothing. (6)

[50]

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QUESTION 4

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

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

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

Explain the safe handling of gas. (7)

4.4 Explain the first aid treatment that you will apply if the following should occur:

4.4.1 Shock after an accident (4)

4.4.2 Fainting (5)

4.5 First aid is an emergency aid. Explain THREE aims of first aid. (3)

4.6 Accidents are easily caused by the misuse of machines.

How can you prevent injuries of this nature? (7)

4.7 Burns and scalds are caused by dry and moist heat.

Which precautionary measures should be taken to prevent burns and scalds? (7)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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