higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N1420**(E)**(J6)H
JUNE EXAMINATION

NATIONAL CERTIFICATE

SANITATION AND SAFETY N4

(8060094)

6 June 2016 (X-Paper)
09:00–12:00

This question paper consists of 7 pages.

GENERAL STUDIES

Copyright reserved

DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE
SANITATION 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. Keep sub-sections of questions together.
5. Write neatly and legibly.

GENERAL STUDIES

Copyright reserved

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 (1.1–1.10) in the ANSWER BOOK.

1.1 A disease transmitted to people by eating contaminated food is called …

A cross contamination.
B food-borne illness.
C contaminators.
D unsanitary conditions.

1.2 If you do not wash your hands after blowing your nose or you cough or sneeze while handing food, you could spread … which result in nausea, vomiting and diarrhoea.

A salmonella bacteria
B staphylococci bacteria
C listeria bacteria
D clostridium botulin

1.3 Always cut foods …

A on the counter.
B towards you.
C on the cutting board.
D with kitchen shears.

1.4 Wash knives and other sharp objects …

A separately from other items.
B by placing them at the bottom of the sink soaking.
C by placing them to one side of the sink with the handle toward you.
D Both A and C

1.5 Putting hot appliances directly in cold water or in the refrigerator/freezer could …

A cause steam burns.
B ruin the appliances.
C Both A and B
D None of the above-mentioned

GENERAL STUDIES

1.6 Food may be safely thawed using any of the following methods except thawing …

A in the refrigerator.
B in the sink with cold water.
C in the microwave.
D on the counter.

1.7 In case of an accident …

A stay calm so you can think clearly and respond quickly.
B call for help if you need to.
C through poisoning, immediately call the nearest poison control centre.
D All the above-mentioned

1.8 Chemical cleaners should be …

A left on the counter.
B stored in different bottles that they were purchased in.
C stored away from food and heat.
D used to clean kitchen counter as you cook.

1.9 If you have an open cut or sore on your hands …

A you should use plastic gloves when handling food.
B you should wear a bandage when handling food.
C you might contaminate foodstuff.
D All the above-mentioned

1.10 To stop severe bleeding …

A cover the wound with cloth and press firmly.
B wash blood out of the way.
C follow right procedures.
D apply a bandage.

(10 × 2) **[20]**

GENERAL STUDIES

QUESTION 2

Choose the correct word(s) from those given in brackets. Write only the word(s) next to the question number (2.1–2.5) in the ANSWER BOOK.

2.1 (Health/Hygiene) is a science of establishment and maintenance of health through conditions or practices conductive to health.

2.2 (Food service facility/Food service equipment) is any permanent facility that stores, prepares or handles food.

2.3 (Labour Relations Act (no. 66 of 1995)/Employment Equity Act (no. 55 of 1998) protects employees against unfair dismissal.

2.4 The word amoeba comes from a (French/Greek) word meaning to change.

2.5 At temperatures (higher/lower) than an organism's optimum growth range, cells die rapidly.

(5 × 2) **[10]**

QUESTION 3

Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'true' or 'false' next to the question number (3.1–3.10) in the ANSWER BOOK.

3.1 You should wash your hands after you have touched your face or your hair.

3.2 Take off your rings if you are mixing food with your hands.

3.3 Place meat and milk on the door of the refrigerator.

3.4 Wipe up spills on the floor right away.

3.5 People with weakened immune system are at greater risk for food-borne illness.

3.6 When removing food from the stove top, take the pan off the stove first, and then turn the burner off.

3.7 Use electric appliances with wet hands.

3.8 FIFO is the method to rotate refrigerated, frozen, and dry food during storage.

3.9 The cook's personal hygiene, or individual cleanliness, contributes to the safety of food preparation.

3.10 Pathogens are harmful micro-organisms.

GENERAL STUDIES

3.11 When shopping make sure that frozen foods are bought first.

3.12 Warming up leftovers at low temperatures is sufficient since it has been previously cooked.

3.13 Drinking, eating, and chewing gum is allowed in the food preparation area.

3.14 You can still pass harmful bacteria to another person or food even if you're not showing symptoms yourself.

3.15 Sanitation means taking necessary precautions to destroy all bacteria.

3.16 The proper way to treat a burn is to apply grease to the injury area.

3.17 More accidents occur in the kitchen than in any other room of the house.

3.18 When it is hot in the kitchen wear no shoes to stay cool.

3.19 Keep cabinet doors open so everything is in easy reach.

3.20 Mixing two or more household cleaning products together may release poisonous gases.

(20 × 1) **[20]**

TOTAL SECTION A: 50

SECTION B

QUESTION 4

4.1 Define the term *tuberculosis*. (2)

4.2 State EIGHT symptoms of TB. (8)

4.3 What are the simple rules one should follow to assist in the cure of TB? (7)

4.4 What should employers do when one of their employees has active TB? (4)

4.5 What are the effects of hallucinogenic? (6)

4.6 How can the long-term smoking cigarettes influence the body? Give TEN such influences. (10)

4.7 State TEN negative effects of coffee drinking on our bodies. (10)

4.8 Everyone reacts differently to alcohol.

What hints would you give someone to ensure they drink responsibly? (3)

[50]

GENERAL STUDIES

QUESTION 5

5.1 Define the term *micro-organisms*. (2)

5.2 Name and explain FOUR stages of bacterial growth. (4 × 3) (12)

5.3 Foods that support bacterial growth are most likely to cause food poisoning and are known as high risk food.

Give SIX examples of high risk foods. (6)

5.4 Explain FOUR factors that influence the internal temperature of food. (4 × 2) (8)

5.5 Name TEN food types that are easily contaminated by micro-organisms. (10)

5.6 Explain temperature as a factor that influences the growth of micro-organisms. (6)

5.7 What are the advantages of mould? (3 × 2) (6)
[50]

QUESTION 6

6.1 Describe the difference between *detergent* and *disinfectant*. (2 × 2) (4)

6.2 Name SIX qualities that a good sanitiser in the food industry should have. (6 × 2) (12)

6.3 It is important that the kitchen surface is hygienically cleaned and sanitised on a regular basis.

How can you determine that the surface is clean? (3 × 3) (9)

6.4 What are the FIVE factors that should be kept in mind when setting up a cleaning routine? (5 × 2) (10)

6.5 State FIVE types of cleaning procedures that make use of water in the food service industry. (5 × 2) (10)

6.6 Hygienic facilities must be provided for employees in food service unit.

What do these facilities consist of to ensure good hygiene and sanitation? (5)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

GENERAL STUDIES

Copyright reserved