higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

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NATIONAL CERTIFICATE

SANITATION AND SAFETY N4

(8060094)

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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
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. 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 (1.1–1.10) in the ANSWER BOOK.

1.1 Which ONE of the following is NOT true about bacteria?

A Bacteria multiply and grow faster in warm environments
B Bacteria need air to survive
C Certain bacteria can give people food poisoning
D By freezing food you can kill bacteria

1.2 … is likely to contain the MOST bacteria.

A Frozen, raw chicken
B Recently cooked chicken
C An opened fizzy drink
D Bottled mayonnaise

1.3 Environmental health officers do NOT have the …

A authority to close down premises.
B power of arrest.
C authority to enter premises without appointment.
D power to seize foods.

1.4 Food should be cooked to …

A 63 °C
B 70 °C for 2 minutes
C 65 °C
D 63 °C for 2 minutes

1.5 Which ONE of the following is an example of a chemical hazard?

A Careless use of chemicals in the kitchen
B String
C A plaster
D Glass

1.6 The best description of a high-risk food is food which …

A can make you sick.
B is normally ready to eat and will not receive further treatment.
C is contaminated.
D should be cooked to a high temperature.

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1.7 What does a disinfectant do?

A It removes dirt and grease.
B It reduces bacteria to a safe level.
C It removes dirt, grease and kills bacteria.
D It kills bacteria.

1.8 How many times should food be reheated according to health and safety regulations?

A Once
B Twice
C Not at all
D Three times

1.9 When a food order is delivered, you should …

A leave it as someone else will put the delivery away.
B put it away when you're ready.
C check the delivery and place the food items away immediately.
D ignore it.

1.10 Which ONE of the following groups of people is most at risk from food poisoning or food borne illnesses?

A Chefs, food handlers, young children and sick people
B Elderly, young children, pregnant woman, sick people
C Young children, chefs and pregnant woman
D Elderly, young children and sick people

(10 × 2) **[20]**

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 Foodborne diseases can cause death.

2.2 If food looks acceptable and smells acceptable it is always safe to eat.

2.3 Raw and cooked foods are kept separate to prevent cross-contamination.

2.4 Some microorganisms are useful for making some food and drinks.

2.5 The right temperature for a home refrigerator should be 8 °C.

2.6 A face shield should always be worn when performing CPR.

2.7 It is acceptable to thaw perishable food such as frozen chicken and beef on the kitchen counter or in the sink.

2.8 Pathogens are unable to survive and grow in cold temperatures.

2.9 Freezing food, kills bacteria.

2.10 When fat catches fire, it is best to extinguish it with water.

(10 × 2) **[20]**

QUESTION 3

State whether the following foods are high-risk food or low-risk food and give a motivation for each answer. Write the answer next to the question number (3.1–3.5) in the ANSWER BOOK.

3.1



3.2



3.3



3.4



3.5



(5 × 2) **[10]**

TOTAL SECTION A: 50

SECTION B

QUESTION 4

4.1 A food handler has to be prepared for many emergencies that could take place.

State EIGHT principles of an emergency plan. (8)

4.2 Explain how to safely use gas in a domestic or industrial kitchen. (5)

4.3 Study the picture below and state SEVEN points to follow when someone got hurt.



(7)

4.4 Define the term *hygiene*. (2)

4.5 Study the following cold room of a restaurant/hotel.

State FIVE steps that were followed to keep the cold room hygienic and organised.



(5)

4.6 Explain how the following foods should be handled and stored by writing the answer next to the question number (4.6.1–4.6.5) in the ANSWER BOOK.

HANDLING AND STORAGE				
CANNED FOOD	**FRUIT AND VEGETABLES**	**MEAT**	**EGGS**	**LEFTOVERS**
4.6.1	4.6.2	4.6.3	4.6.4	4.6.5

(5 × 2) (10)

4.7 As a chef you must abide to certain etiquette rules in a kitchen.

Discuss the etiquette rules under the following headings:

4.7.1 Smoking on duty (5)

4.7.2 Eating in the food service unit (5)

4.7.3 Prevention of spreading colds and infections (3)

[50]

QUESTION 5

5.1 Name TWO basic rules with regard to temperature control of food items. (2)

5.2 Give THREE reasons for controlling pests in a kitchen environment. (3)

5.3 Explain to the new employees how TB can be prevented in the workplace. (4)

5.4 Define the term *TB.* (2)

5.5 Microbiological testing is used to test for surface cleanliness.

Discuss contact plates as one of the testing methods. (5)

5.6 Discuss the effects of the following toxic agents:

5.6.1 Drugs

5.6.2 Caffeine

5.6.3 Tannin

5.6.4 Alcohol

5.6.5 Nicotine

(5 × 4) (20)

5.7 Name EIGHT signs and symptoms of someone who may have TB. (8)

5.8 When is TB considered to be dangerous? (2)

5.9 Discuss FOUR general characteristics of microorganisms. (4)

[50]

QUESTION 6

6.1 Food poisoning can make customers very ill.

State FIVE ways in which the food poisoning chain can be broken. (5)

6.2 State TEN ways in which bacteria can be transferred to food. (10)

6.3 Name THREE ways in which microorganisms can be destroyed. (3)

6.4 Study the picture below and discuss THREE ways in which to check if a surface is clean.



(3)

6.5 Define each of the following terms:

6.5.1 Steriliser

6.5.2 Sanitiser

6.5.3 Detergent

(3 × 3) (9)

6.6 Name THREE reasons why you as a food handler should promote cleaning. (3)

6.7 Discuss THREE disadvantages of using steam as a cleaning method within the food industry. (3)

6.8 Explain FIVE objectives and principles of cleaning. (5)

6.9 When using a sanitiser in the kitchen, which FOUR qualities must it contain? (4)

6.10 Name FOUR types of fire extinguishers that can be used in the industry. (4)

6.11 Name the zone in which foods are susceptible to bacterial growth. (1)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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