higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE

SANITATION AND SAFETY N4

(8060094)

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This question paper consists of 8 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

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 How often should waste be removed from a kitchen area?

A Once a day.
B When a bin bag is full.
C When the kitchen porter gets round to it.
D After each service.

1.1.2 Typical symptoms of food poisoning are …

A diarrhoea, vomiting and abdominal pain.
B ear ache and discharge from the ears.
C vomiting at the smell of food.
D stomach ache.

1.1.3 What are 'high risk foods'?

A They always make one ill
B Are high in protein, ready to eat foods, on which pathogens can grow
C Raw meat products
D Are all ready-to-eat foods

1.1.4 How long does an average bacterium take to multiply?

A 1–2 minutes.
B 5–10 minutes.
C 10–20 minutes.
D 20–30 minutes.

1.1.5 How could the pathogen 'staphylococcus aureus' be a risk in a food business where there is open food or hand-packed food?

A Pathogen lives on hands and can be passed on easily.
B Pathogen is in the air and can land on uncovered food items.
C By handling open foods one increases the risk of cross contamination from hands to the food.
D Pathogen can fly from one surface to another and contaminate food items.

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1.1.6 What must food handlers do after touching their hair, face, or body?

A Wash their hands.
B Rinse their gloves.
C Change their aprons.
D Use a hand antiseptic.

1.1.7 The five main kitchen hazards are …

A food, juice, meat, poultry, and fish.
B falls, cuts, electrical shocks, burns, and poison.
C showers, sinks, baths, counters, and floors.
D cabinets, drawers, counters, appliances, and microwaves.

1.1.8 Indicate the only type of jewellery permitted to be worn in food areas:

A Necklace
B Plain wedding band
C Wedding ring with a small stone
D Bracelet

1.1.9 You find a person at the bottom of the stairs. He appears to have fallen and seems badly hurt. After sending someone for help, you would …

A roll the victim onto his stomach keeping the head and back in a straight line.
B roll the victim onto one side.
C position victim onto one side.
D attempt to keep the victim from moving.

1.1.10 Which should be part of care for a severely bleeding open wound?

A Allow the wound to bleed in order to minimise infection.
B Apply direct pressure and elevate the injured area (if no broken bones).
C Use a cloth to stop all blood flow.
D Both B and C.

(10 × 2) **[20]**

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QUESTION 2

2.1 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (2.1.1–2.1.10) in the ANSWER BOOK.

2.1.1 Always use the correct ratio of chemical to water as specified by the supplier.

2.1.2 Scrape food and sauce residue from pots into the sink so that they can be disposed of quickly.

2.1.3 Scour pots vigorously to remove all burnt food off the bottom of the pots.

2.1.4 Plastic chopping boards are more hygienic than wooden ones.

2.1.5 It's best to serve burgers pink in the middle.

2.1.6 One example of PPE is safety boots.

2.1.7 One should wash chicken and other poultry before cooking.

2.1.8 Dressing and bandages are used to reduce victims' pain.

2.1.9 The accident report book is purely an administrative task which could be omitted.

2.1.10 A sterilant is used to bring baterial levels to an acceptable level.

(10 × 2) **[20]**

QUESTION 3

3.1 The following is a picture of a first aid kit that must be kept in a kitchen environment at all times. It must be fully stocked and all items should be replaced before the expiry date.

Name TEN items that should be kept in a first aid kit/box.



[10]

TOTAL SECTION A: 50

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SECTION B

QUESTION 4

4.1 Study the pictures below and name FIVE signs and symptoms of someone with food poisoning.



(5)

4.2 Yeast and moulds are regarded as microorganisms.

Discuss yeasts and moulds by answering/discussing the following FOUR aspects on each.

YEASTS		MOULDS	
4.2.1	Do they cause food poisoning?	4.2.5	Do they cause food poisoning?
4.2.2	Structure	4.2.6	Structure
4.2.3	Reproduction process?	4.2.7	Reproduction process?
4.2.4	Useful in to produce in the industry?	4.2.8	Useful in to produce in the industry?

(8)

4.3 Name and briefly explain FIVE factors that microorganisms need for growth. (10)

4.4 Name the FOUR microorganisms that cause food poisoning. (4)

4.5 Define the term *antibiotic.* (3)

4.6 Complete the following table for cleaning to remove visible and invisible contamination:

REMOVAL OF VISIBLE CONTAMINATION		REMOVAL OF INVISIBLE CONTAMINATION	
4.6.1	Pre cleaning (2)	4.6.4	Sanitisation (4)
4.6.2	Main cleaning (2)	4.6.5	Post rinse/final rinse (3)
4.6.3	Inter rinse (2)		

(13)

4.7 Name and discuss THREE ways of testing a surface to check whether it is clean. (6)

4.8 Name ONE example of a detergent used for domestic use. (1)

[50]

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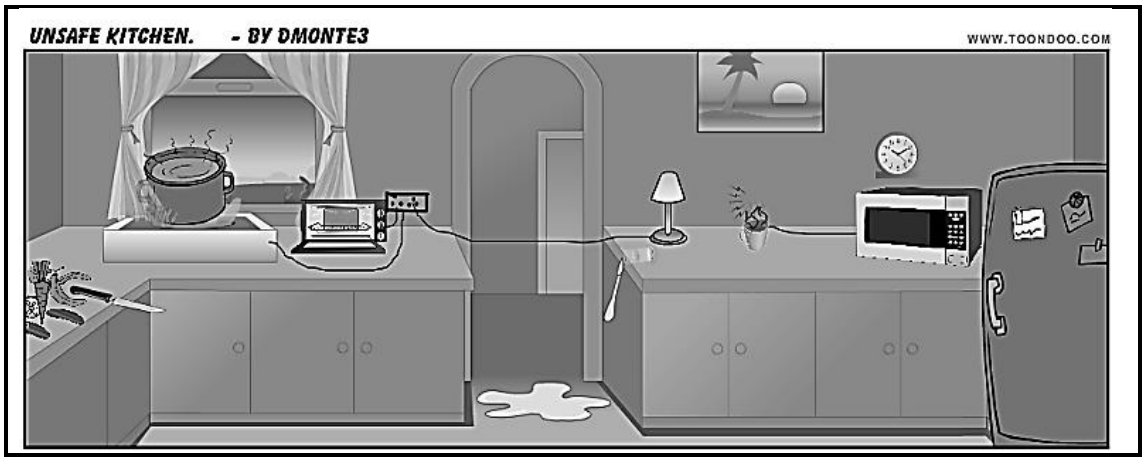
QUESTION 5

5.1 Define the term *sanitiser*. (2)

5.2 Discuss TWO advantages of using steam as a cleaning agent. (2)

5.3 Discuss FIVE safety measures to be followed when handling electrical appliances. (5)

5.4 Study the picture below and identify the safety hazards shown in this particular kitchen. (5)



5.5 Personal hygiene of kitchen staff is extremely important.

Discuss this statement under the following headings:

5.5.1 Care of the hair.

5.5.2 Care of the teeth.

5.5.3 Care of hands and nails.

5.5.4 Foot care.

(4 × 4) (16)

5.6 Design a cleaning schedule for a restaurant kitchen to run for seven days. Indicate TEN areas/equipment that need to be cleaned. Draw up this cleaning schedule in your ANSWER BOOK. Marks will be allocated as follows:

TEN areas or equipment listed to be cleaned and SEVEN days of the week. (17)

5.7 Name THREE unhygienic habits. (3)

[50]

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QUESTION 6

6.1 Household pests can spoil food and cause food poisoning.

Name EIGHT rules to control household pests. (8)

6.2 Most stock is kept in a dry store, therefore, it must be kept and maintained correctly.

Name TWO rules to abide by in the upkeep of the dry store. (2)

6.3 The employer must provide good staff facilities on site for his/her employees.

Discuss FOUR facilities that are required. (4)

6.4 How would you handle the situation if an employee of yours has TB? (5)

6.5 Explain the term *foetal alcohol syndrome*. (4)

6.6 Discuss FIVE ways in which one CANNOT contract AIDS. (5)

6.7 Discuss FIVE ways in which one CAN contract AIDS. (5)

6.8 Name SEVEN habit-forming and dependent drugs. (7)

6.9 If a colleague tells you that s/he has a drinking problem, what advice would you give him/her? (7)

6.10 What effect does too much caffeine have on the organs of the body? (3)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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