



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

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NOVEMBER EXAMINATION

NATIONAL CERTIFICATE

**INTRODUCTORY CATERING THEORY AND
PRACTICAL N4**

(10070324)

**22 November 2016 (X-Paper)
09:00–12:00**

This question paper consists of 10 pages.

DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA
NATIONAL CERTIFICATE
INTRODUCTORY CATERING THEORY AND PRACTICAL N4
TIME: 3 HOURS
MARKS: 200

INSTRUCTIONS AND INFORMATION

1. This question paper consists of TWO sections:

SECTION A:	SHORT QUESTIONS	50 marks
SECTION B:	LONG QUESTIONS	150 marks
GRAND TOTAL:		200 marks

2. Answer ALL the questions.
3. Read ALL the questions carefully.
4. Number the answers according to the numbering system used in this question paper.
5. Start each question on a NEW page.
6. 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 (1.1.1–1.1.15) in the ANSWER BOOK.

1.1.1 A bin card is an example of a ...

- A stock control measure.
- B document to determine cost.
- C checklist for keeping stores clean.
- D document used when receiving stock.

1.1.2 An important rule when preparing shellfish is ...

- A room temperature will not have a negative effect.
- B to cook and eat as soon as possible.
- C to use the LIFO principle.
- D only prepare it to be bite size.

1.1.3 An example of a dry-heat cooking method is ...

- A broiling.
- B stewing.
- C boiling.
- D blanching.

1.1.4 The reason for cooking food is ...

- A to add colour.
- B to improve digestibility.
- C to make food more salty.
- D to improve colour changes.

1.1.5 When deep frying ...

- A do not drop the food into the deep fryer.
- B you can put in wet food.
- C coating food is not important.
- D cook all food at once.

1.1.6 Table d'hôte menu is...

- A a menu where each dish is individually priced.
- B a set menu at a set price.
- C a menu suitable for a large group of people.
- D traditionally served at high tea.

- 1.1.7 A balance scale is a scale that works by ...
- A using mass pieces to determine the weight.
 - B hanging the ingredients to determine the weight.
 - C compressing the ingredients on to a scale.
 - D always using a measuring cup with this scale.
- 1.1.8 High tea is ...
- A a two-course breakfast.
 - B an example of a continental breakfast.
 - C served earlier than dinner and is a large snack.
 - D an example of fork-and-finger buffet.
- 1.1.9 Game meat include meat from ...
- A chicken.
 - B turkey.
 - C beef.
 - D gemsbok.
- 1.1.10 The receiving clerk is responsible to ...
- A inspect items upon delivery.
 - B issue items required.
 - C make all entries in the storeroom record book.
 - D place goods into the correct bin.
- 1.1.11 To combine dry ingredients and firm fat with a knife or pastry cutter or the finger tips.
- A Creaming
 - B Cutting in
 - C Folding in
 - D Infusing
- 1.1.12 Shallow frying involves ...
- A cooking food on open fire.
 - B using the temperature of 180 °C to cook food.
 - C food that is cooked in the oven.
 - D the cooking of food in a layer of hot fat.
- 1.1.13 A spring-balance scale works by ...
- A electricity.
 - B being pressed down by the mass of the ingredients.
 - C only measuring liquid.
 - D doubling a recipe.

1.1.14 Volume measure is useful when measuring ...

- A castor sugar.
- B oil.
- C butter.
- D pepper.

1.1.15 Offal is a type of meat that includes ...

- A bacon.
- B liver.
- C leg of lamb.
- D chuck.

(15 × 1) [15]

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 (1.2.1–1.2.10) in the ANSWER BOOK.

1.2.1 Measuring jugs usually have a lip to make pouring easier.

1.2.2 Gateau is an elaborate cake sliced for a dessert.

1.2.3 Trussing is to turn vigorously so that food is completely coated.

1.2.4 Calciferol is another name for vitamin K.

1.2.5 A grill can never be fueled by gas as a source of heat.

1.2.6 Oils and vinegar are used when making a paste using a pastel and mortar recipe.

1.2.7 Sealing is a process of using liquid to simmer meat during the cooking process.

1.2.8 The oyster shell should close with a snap as soon as the knife is inserted.

1.2.9 A cool store temperature should be between 4–6 °C.

1.2.10 Dry ingredients include flour, sugar, oil and castor sugar, and should be stored in the refrigerator.

(10 × 1) (10)

2.2 Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (1.2.1–1.2.10) in the ANSWER BOOK.

- 2.2.1 When starch granules absorb liquid and swell.
- 2.2.2 A browning reaction involving sugars and amino acids.
- 2.2.3 The control of the physical quantity of things found in the stores at any time.
- 2.2.4 The period that food can safely be stored without signs of deterioration.
- 2.2.5 One separate part of a meal.
- 2.2.6 Branches of one store, and marketing almost the same type of products.
- 2.2.7 Section of a restaurant where roast or baked joints of meat or poultry are sliced to order and serve.
- 2.2.8 This is a more formal menu, very often written in French with description in English.
- 2.2.9 A mineral required by women in large amounts during pregnancy.
- 2.2.10 Vitamin also known as ascorbic acid.

(10 × 1)

(10)
[20]

QUESTION 3

3.1 Choose a/an item/word from COLUMN B that matches a description in COLUMN A. Write only the letter (A–E) next to the question number (3.1.1–3.1.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1.1	Becomes soft and edible	A	boiled egg
3.1.2	Hardens	B	cooked oats
3.1.3	Browns and caramelises	C	butter
3.1.4	Liquefies and smokes when too hot	D	sugar
3.1.5	Swells and gelatinises	E	cooked carrot

(5 × 1)

(5)

3.2 Define the following terms:

3.2.1 Carving

3.2.2 Dicing

3.2.3 Chilling

3.2.4 Flake

3.2.5 Basting

3.2.6 Sauté

3.2.7 Tossing

3.2.8 Macédoine

3.2.9 Julienne

3.2.10 Sealing

(10 × 1)

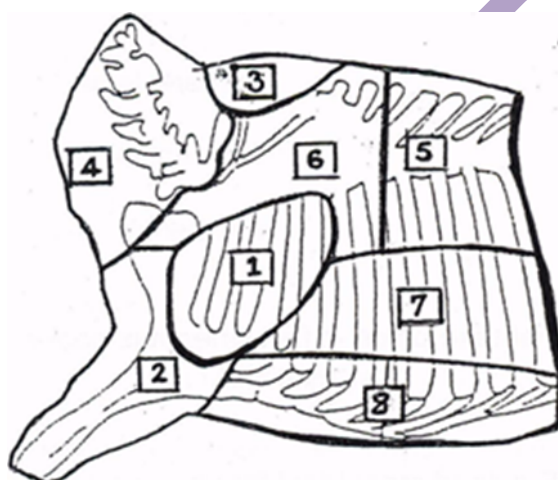
(10)
[15]

TOTAL SECTION A:

50

SECTION B**QUESTION 4**

- 4.1 Why is it important to store cooked meat a shelf above uncooked meat, during refrigerated storage? (3)
- 4.2 Explain why it is necessary to keep fresh and frozen food in refrigerated or frozen storage, until used? (3)
- 4.3 List FIVE factors that affect the storage life of food. (5)
- 4.4 What are the FOUR most important responsibilities of a receiving clerk? (4)
- 4.5 Identify the beef cuts numbered 1–8 on the diagram below. (8)



- 4.6 What are the key requirements when preparing and cooking beef? (5)
- 4.7 List FOUR safety measures that should be applied when meat is prepared in a deep-fat frying pan. (4)
- 4.8 Tabulate THREE differences between a la carte and table d'hôte menus. (2 × 3) (6)
- 4.9 Compile a three-course Lunch menu for an adult, using the basic food groups. Include all FIVE food groups. (12)

[50]

QUESTION 5

- 5.1 Why should a recipe that yields two portions be adjusted when cooking on a large scale or when aiming to yield 20 portions? (3)
- 5.2 What are the reasons for measuring ingredients? (2)
- 5.3 Explain FIVE criteria that will help when selecting the most appropriate apparatus or equipment to be used in the kitchen. (5)
- 5.4 Name the function of each of the apparatus given below:
- 5.4.1 Food processor
 - 5.4.2 Corer
 - 5.4.3 Mandolin
 - 5.4.4 Zester
 - 5.4.5 Palette knife
- (5 × 2) (10)
- 5.5 The FIVE basic food groups give us vitamins and minerals.
Name FIVE minerals. (5)
- 5.6 Explain the method you would follow when measuring shortening using measuring spoons or a cup. (5)
- 5.7 How would you measure liquids to prevent a parallax fault? (5)
- 5.8 Which aspects should be standardised in the preparation of food according to a recipe? (5)
- 5.9 What correct method of cleaning would you use for the following apparatus:
- 5.9.1 Moulds
 - 5.9.2 Food processor
 - 5.9.3 Rolling pin
 - 5.9.4 Spider
 - 5.9.5 Liquidiser
- (5 × 2) (10)
[50]

QUESTION 6

- 6.1 Explain the correct way of measuring flour. Give SIX points. (6)
- 6.2 Discuss the term *glaze* by giving examples of when it could be used. (4)
- 6.3 What would be FIVE points to consider when writing out an ingredients layout? (5)
- 6.4 Nutrients are important for building and repairing our bodies.
- 6.4.1 Explain what could cause the loss of nutrients during preparation and cooking of food. (6)
- 6.4.2 How would you prevent the loss of nutrients during the preparation of food? (5)
- 6.5 Name TWO types of ingredients to be measured with an example of each. (2 x 2) (4)
- 6.6 Describe the operation of each of the following cooking methods:
- 6.6.1 Boiling
- 6.6.2 Stewing
- 6.6.3 Steaming
- 6.6.4 Poaching (4 x 2) (8)
- 6.7 Explain how the following equipment may be cleaned:
- 6.7.1 Combi oven
- 6.7.2 Deep-fat fryer
- 6.7.3 Salamander
- 6.7.4 Oven with fan (4 x 3) (12)
- [50]**

TOTAL SECTION B: 150
GRAND TOTAL: 200