



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

**FOOD PREPARATION
NQF LEVEL 4**

(11011014)

**13 November 2019 (X-Paper)
09:00–12:00**

This question paper consists of 12 pages.

**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. Start each question on a NEW page.
 5. Use only BLUE or BLACK ink.
 6. Write neatly and legibly.
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QUESTION 1

1.1 Explain how you can sanitise equipment using the following methods:

1.1.1 Boiling water

1.1.2 Chemical sanitising agents



(2 x 2) (4)

1.2 Categorise the stuffing below into traditional or modern varieties. Copy and complete the table below.

prune and walnut; apricot and pine nut; sage and onion;
bacon and mushroom; chestnut

MODERN STUFFING	TRADITIONAL STUFFING
1.2.1	1.2.2

(5)

1.3 Give the traditional name for stuffing.

(1)

1.4 Meat has a high risk of becoming contaminated because bacteria can grow in it.

Name THREE procedures that you could follow to reduce the risk of bacteria spreading from one food to another when cooking meat.

(3)

1.5 Explain why it is necessary to cook stuffing separately.



(2)

1.6 Peter decided to roast a chicken with herb-and-nut stuffing for lunch.

1.6.1 Explain to Peter why it is important to allow the roasted chicken to rest for 10–15 minutes before carving.

(3)

1.6.2 Give TWO benefits of roasting meat.

(2)

1.6.3 How will you know if the roasted meat is done?

(2)

1.7 Select THREE suitable garnishes or sauces and accompaniments from the list below for the roasted chicken Peter cooked for lunch.



(3)

tomato sauce; tartar sauce; cranberry sauce; mint sauce;
fennel; gravy; corn on the cob; vegetables

1.8 Explain why you should follow the steps below when roasting the chicken for lunch.

1.8.1 Do NOT pack the stuffing tightly.

(1)



1.8.2 Truss the bird.





(4)



1.8.3 Brush the outside of the bird with melted butter.

(2)

- 1.9 Name THREE methods that one can use to truss/tie the chicken. (3)
- 1.10 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (1.10.1–1.10.5) in ANSWER BOOK. 
- 1.10.1 Meat dishes must be partially cooked to inhibit bacterial growth, especially if they are not consumed immediately.
- 1.10.2 Gammon is prepared from the foreleg of pork.
- 1.10.3 Steam tables or bain-maries should be used to keep food hot and above 65 °C.
- 1.10.4 Orthodox Jews may eat beef and pork.
- 1.10.5 Food to be served cold at 4 °C may be held at a higher temperature for no longer than 4 hours. 
- (5 × 1) (5)
[40]

QUESTION 2

- 2.1 Categorise the following vegetables.
- 2.1.1 Horseradish
- 2.1.2 Okra
- 2.1.3 Globe artichoke
- 2.1.4 Porcini mushrooms
- 2.1.5 Baby marrow 
- (5 × 1) (5)
- 2.2 Describe the quality indicators to look out for when buying the following vegetables.
- 2.2.1 Broccoli
- 2.2.2 Onions
- (2 × 5) (10)
- Lethabo needs fresh vegetables to prepare a vegetarian dish for an important client. Unfortunately, she finds that there are no fresh vegetables at the market.
- 2.3 What other forms of vegetables will you recommend for her? 
- (3)

- 2.4 Substantiate why one would do the following.
 - 2.4.1 Peel vegetables thinly.  (1)
 - 2.4.2 Cut vegetables into uniform size before cooking. (1)
 - 2.4.3 Treat sweet potatoes with an acid. (1)
 - 2.4.4 Wash hands before and after preparing vegetables. (2)
 - 2.4.5 Discard boxes in which vegetables are bought as soon as possible. (1)
 - 2.5 Explain how one would evaluate the appearance of cooked vegetables on the plate.  (7)
 - 2.6 Develop a set of guidelines with at least NINE steps that one can follow to successfully freeze spinach at home. (9)
- [40]**


QUESTION 3


- 3.1 Suggest FIVE basic principles of menu planning that one should bear in mind when planning the dessert selection. (5)
- 3.2 Classify the following desserts into either HOT or COLD. Copy and complete the table below.

chocolate mousse; Bavarian cream; fruit compote;
 banana fritters; crêpes; crème caramel; bread-and-butter pudding;
 panna cotta; soufflé ; sponge-based puddings


HOT DESSERTS	COLD DESSERTS

(10)

- 3.3 Under the following headings, explain how one would prevent the threat of contamination when cooking desserts.
 - 3.3.1 Equipment  (2 x 5) (10)
 - 3.3.2 Personal hygiene
- 3.4 Explain the importance of following time and temperature recommendations when preparing or cooking desserts. (6)

- 3.5 Describe the correct storage procedures for each of the following products.
- 3.5.1 Meringues
- 3.5.2 Crêpes  (2 × 3) (6)
- 3.6 Give ONE cooking method for the following desserts.
- 3.6.1 Flans
- 3.6.2 Queen of puddings
- 3.6.3 Fruit compote (3 × 1) (3)
- [40]**

QUESTION 4

- 4.1 Various options are given as possible answers to the following questions. Choose the correct answer and write only the letter (A–D) next to the question number (4.1.1–4.1.10) in the ANSWER BOOK. 


4.1.1 A little tomato purée and butter added to a classic velouté sauce:

- A Albert
- B Aurore
- C Nantua
- D Mustard

4.1.2 White sauce with grated cheddar or gruyere:

- A Caper
- B Poulette
- C Curry
- D Mornay

4.1.3 Chicken stock, egg yolks and a generous amount of double cream are used to make this sauce:

- A Supreme
- B Maltaise
- C Mousseline
- D Piquante 

4.1.4 A velouté sauce garnished with peeled grapes:

- A Bercy
- B Mushroom
- C Veronique
- D Béchamel

4.1.5 A mustard-flavoured cheese sauce served with lobster and crayfish:

- A Thermidor
- B Polonaise
- C Parsley
- D Caper



4.1.6 Reduced tomato concasse, duxelle and chopped ham are added to this sauce:

- A Divine
- B Italian
- C Bordelaise
- D Espagnole

4.1.7 Onions form the base for this sauce:

- A Robert
- B Chasseur
- C Portuguese
- D Soubise

4.1.8 A suitable sauce to serve with asparagus:



- A Hollandaise
- B Tomato
- C Mornay
- D Ceaser

4.1.9 A rich sauce thickened with egg yolk and flavoured with tarragon, usually served with a grilled steak:




- A White sauce
- B Velouté sauce
- C Béarnaise sauce
- D Aioli sauce

4.1.10 A cold sauce made with oil, mustard powder, egg yolks and lemon juice or vinegar:


- A Glaze
- B Coulis
- C Vinaigrette
- D Mayonnaise



(10 × 1) (10)

- 4.2 What actions would one take to solve each of the following unplanned situations?
- 4.2.1 Sauces that are too thick
- 4.2.2 Burnt sauces  (2 × 2) (4)
- 4.3 What was the cause of the unplanned situations mentioned in QUESTION 4.2.1 and QUESTION 4.2.2? (2 + 1) (3)
- 4.4 Discuss the characteristics of a good sauce under the following headings:
- 4.4.1 Texture (1)
- 4.4.2 Aroma (1)
-  4.4.3 Consistency (2)
- 4.5 Name FOUR ways of serving sauces. (4)
- 4.6 State THREE functions of aspic jelly. (3)
- 4.7 Give TWO examples of emulsified egg-based sauces. (2)
- Peter has been assigned to buy offal for the preparation of baked liver and kidneys with Madeira.
- 4.8 Suggest quality indicators that Peter will have to look out for when buying the following offal?
- 4.8.1 Liver
- 4.8.2 Kidney  (Any 2 × 4) (8)
- 4.9 Give TWO reasons for stuffing meat. (2)
- [40]**

QUESTION 5

- 5.1 Define the following terms.
- 5.1.1 Use-by date
- 5.1.2 Storekeeper
-  5.1.3 Invoices
- 5.1.4 Requisition forms
- 5.1.5 Credit notes (5 × 1) (5)

5.2 Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (5.2.1–5.2.5) in the ANSWER BOOK.

5.2.1 The quality of food will deteriorate after this date

5.2.2 Consumers should not use the product after this date



5.2.3 Storage area where only non-perishables can be stored

5.2.4 Document that must be filled in and sent to the supplier whenever goods are ordered




5.2.5 Must be available to move loads and heavy items.

(5 × 1)

(5)



5.3 Choose a preparation method from COLUMN B that matches a picture in COLUMN A. Write only the letter (A–J) next to the question number (5.3.1–5.3.6) in THE ANSWER BOOK.

COLUMN A		COLUMN B
5.3.1		A refreshing B shaping C blanching D dicing E grating F peeling G turning H shredding I puréeing J marinating
5.3.2	 <small>Pictures by wikihow.com</small>	

5.3.3



5.3.4



5.3.5



5.3.6



Pictures by wikihow.com

(6 × 1)

(6)

5.4 Identify the following complex vegetable dishes.

5.4.1



5.4.2



5.4.3




5.4.4



(4 × 1) (4)

5.5 Suggest a suitable packaging for 50 kg White Star maize meal. (1)

5.6 Discuss how you would store fresh carrots.  (3)

5.7 Sisanda is a full-time storekeeper in a large warehouse.

Advise Sisanda on how to plan the warehouse to avoid chaos and delays when issuing stock. (3)

You are issuing stock and discover that one bag of flour is torn.


5.8 How should Sisanda deal with this problem? (3)

5.9 Choose the correct word or words from those given in brackets. Write only the word or words next to the question number (5.9.1–5.9.10) in the ANSWER BOOK.

5.9.1 Frozen poultry should be tightly wrapped in cling wrap and stored at (plus/minus) 18 °C.

5.9.2 Thaw frozen meat carefully under (refrigeration/room temperature).

5.9.3 All fresh fish should be used within (one/two) day(s).

5.9.4  Items such as (apples/berries) may be frozen using the free-flow method.

5.9.5 Eggs should be stored in a refrigerator at (1-5/10-15) °C.

5.9.6 (Raw egg yolk and whites/hard-boiled eggs) do not freeze well.

5.9.7 (Stale/fresh) bread can be dried and used for breadcrumbs or rusks and bread puddings, or soaked to add bulk to stuffing.

5.9.8 Potatoes must be kept in the (dark/light) to prevent them from turning green and sprouting.

5.9.9 Nuts keep longer when they are (shelled/unshelled).

5.9.10 Never refrigerate (nectarines/bananas) as they blacken if stored below 13 °C.



(10 × 1)

(10)
[40]

TOTAL: 200