



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION NQF LEVEL 2

(11011012)

**10 December 2020 (X-paper)
09:00–11:00**

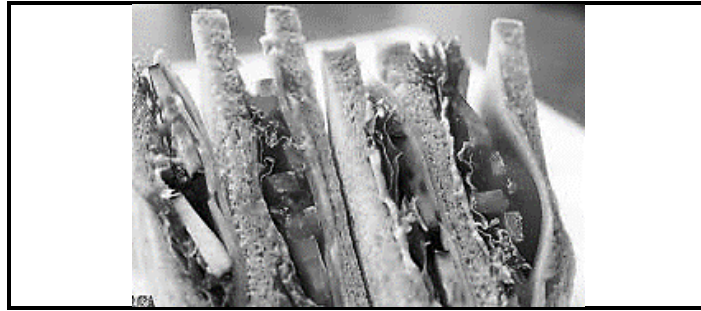
This question paper consists of 7 pages.

497Q1N2010

TIME: 2 HOURS
MARKS: 150

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. Use only a black or blue pen.
 5. Write neatly and legibly.
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QUESTION 1[Source: www.google.com]

- 1.1 You are required to prepare hot and cold sandwiches for 20 school children visiting the local municipality for a tour.
- 1.1.1 What preparations will you do a day before the visit? (5)
- 1.1.2 Explain how you will take some of the pressure off during peak times when preparing hot and cold sandwiches. (4)
- 1.1.3 Describe how you will improve the presentation of sandwiches to increase customers' satisfaction. (6)
- 1.2 State TWO uses of the following fats:
- 1.2.1 Butter (4)
- 1.2.2 Canola oil (2 × 2) (4)
- 1.3 Give THREE reasons why food hygiene is essential in the kitchen. (3)
- 1.4 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (1.4.1–1.4.5) in the ANSWER BOOK.
- 1.4.1 All food that is older than its 'use-by date' should be donated to poor people.
- 1.4.2 Keep the storage keys in the staff area so that staff can access it whenever they need something in the storage area.
- 1.4.3 All perishables should be stored at a temperature above 20 °C.
- 1.4.4 The SABS code of practice recommends that smoked fish should be stored away from fresh fish to prevent contamination.
- 1.4.5 Cauliflower, broccoli and globe artichoke can be ordered in a large quantity as they can be stored for longer. (5 × 1) (5)

1.5 What is the correct way of storing potatoes? (3)
[30]

QUESTION 2

2.1 State FIVE important points that one should remember when storing baked food items. (5)

2.2 Give TWO examples of food items that can be baked successfully. (2)

2.3 Choose the correct option from those given in brackets. Write only the answer next to the question number (2.3.1–2.3.5) in the ANSWER BOOK.

2.3.1 (Frozen/Canned) food should be free from corrosion. (5)

2.3.2 Peeling fruits thinly (maximises/minimises) wastage.

2.3.3 Never lift (light/heavy) items without assistance from others.

2.3.4 Fruits should not be cut and placed in water as vitamin (C/K) and minerals dissolve in water.

2.3.5 If the fruit cannot be eaten with the skin on, the removed peel should be as (thin/thick) as possible. (5 × 1) (5)

2.4 Name TWO changes that occur when fruits are cooked. (2)

2.5 State TWO ways that can be used to retain the shape of fruits during cooking. (2)

2.6 Classify the fruits below.



[Source: www.google.com] (1)

2.7 Give ONE word/term for each of the following descriptions by choosing a word/term from the list given below. Write only the word/term next to the question number (2.7.1–2.7.5) in the ANSWER BOOK.

duchesse; strudel; baking; pêche Melba; steaming; slicing; trimming; compote; cutting

2.7.1 Fruit poached in sugar syrup until soft enough to cut with a spoon, but not too soft so that it falls apart

2.7.2 Poached peaches served on ice cream with raspberry sauce

2.7.3 Thin pastry filled with dried fruits and spice

2.7.4 Cutting off bruised pieces of fruits which cannot be eaten

2.7.5 A popular method used to prepare fruits as it preserves the nutritional value and keeps the fruit intact

(5 × 1) (5)

2.8 Name FOUR factors to consider when presenting starch dishes. (4)

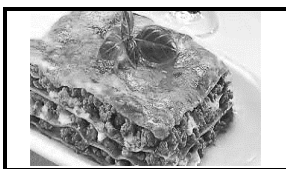
2.9 Name the following types of pasta:

2.9.1 


[Source: www.google.com]

2.9.2 

[Source: www.google.com]

2.9.3 

[Source: www.google.com]

2.9.4 

[Source: www.google.com]

(4 × 1) (4)
[30]

QUESTION 3

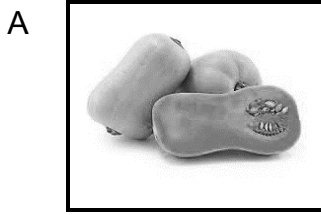
- 3.1 State SEVEN ways in which you will prevent accidents when grilling food. (7)
- 3.2 How will you attend to each of the following situations:
- 3.2.1 Customer complaints (2 × 5) (10)
- 3.2.2 Unusual customer request (2 × 5) (10)
- 3.3 Explain how you will handle food waste correctly to prevent the transfer of bacteria onto the food. (4)
- 3.4 Explain how you will prepare cooking areas before cooking food for quick service. (4)
- 3.5 Suggest a cooking method for each of the following products:
- 3.5.1 Whole potato
- 3.5.2 Crumbed fish (5 × 1) (5)
- 3.5.3 Toasted bread
- 3.5.4 Chipped potatoes
- 3.5.5 Cornish pie (5 × 1) (5)
- [30]**

QUESTION 4

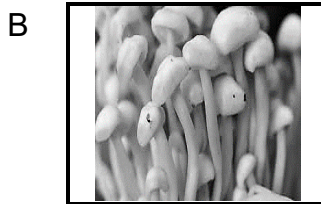
- 4.1 Explain how you will clean knives safely according to the organisational procedure. (5)
- 4.2 Describe the correct position that you will use when chopping onions. (4)
- 4.3 State how you will act in an emergency situation where people are seriously injured. (6)
- 4.4 Describe SEVEN ways in which food can become unsafe to eat. (7)
- 4.5 Draw up a cleaning schedule that can be used by any establishment. (5)
- 4.6 Name THREE areas that can be found in a commercial kitchen. (3)
- [30]**

QUESTION 5

5.1 Categorise the following vegetables by completing the table below.



[Source: www.google.com]



[Source: www.google.com]



	Category	Name of vegetable	THREE checkpoints to help when selecting good quality vegetables
A	5.1.1 (1 × 1)	5.1.2 (1 × 1)	5.1.3 (3 × 1)
B	5.1.4 (1 × 1)	5.1.5 (1 × 1)	5.1.6 (3 × 1)

(10)

5.2 Name ONE dish that you can prepare using each of the vegetables in QUESTION 5.1:

5.2.1 A

5.2.2 B

(2 × 1) (2)

5.3 Explain how you will protect the vitamin content of vegetables during preparation and cooking. (8)

5.4 Name THREE sauces that can be served with cooked vegetables. (3)

5.5 Why are some vegetables coated before deep frying?  (4)

5.6 Describe how potatoes should be prepared before baking. (3)

[30]

TOTAL: 150