



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION NQF LEVEL 4

(11011014)

**3 December 2020 (X-paper)
09:00–12:00**

This question paper consists of 9 pages.

263Q1N2003

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. Use only a black or blue pen.
 5. Write neatly and legibly.
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QUESTION 1

- 1.1 Copy and complete the following table in the ANSWER BOOK by comparing the clients in terms of the food they eat or do not eat.

	VEGANS	LACTO-VEGETARIANS
Food they eat	1.1.1 (1)	1.1.2 (3)
Food they do not eat	1.1.3 (3)	1.1.4 (3)

(10)

- 1.2 Explain how mayonnaise can be prevented from curdling.  (5)

- 1.3 Alda has prepared a sauce that is too runny.
Name SIX thickening agents that can be used to thicken sauces. (6)

- 1.4 State how to solve each of the following organisational problems:

1.4.1 Lumpy sauces (2)

1.4.2 Sauces that are too thick (2)

- 1.5 List FIVE qualities that sauces add to food.  (5)

- 1.6 Compile a list of quality indicators that an establishment must take into consideration when purchasing quality veal under the following headings:




1.6.1 Flesh (5)

1.6.2 Fat (2)


1.6.3 Bones (3)

[40]**QUESTION 2**

- 2.1 State NINE guidelines that newly appointed cooks should follow to preserve the nutritional value of vegetables during cooking. (9)

- 2.2 Classify the following vegetables:
- 2.2.1 Turnips
- 2.2.2 Kidney beans
- 2.2.3 Snow peas 
- 2.2.4 Button mushrooms
- 2.2.5 Asparagus
- 2.2.6 Watercress (6 × 1) (6)
- 2.3 Give ONE word/term for each of the following descriptions. Write only the answer next to the question number (2.3.1–2.3.5) in the ANSWER BOOK.
- 2.3.1 Vegetables are mashed or liquidised to give a smooth pulp
- 2.3.2 A savoury egg custard used to garnish a consommé 
- 2.3.3 A mixture of vegetable pulp and an egg custard, baked in a water bath and unmoulded when served
- 2.3.4 A light frothy vegetable dish that is similar to a soufflé
- 2.3.5 A mixture of vegetables and seasonings that is layered and cooked in a dish lined with bacon (5 × 1) (5)
- 2.4 Compile a step-by-step method on how to gratinate vegetables. (5)
- 2.5 Develop a list of instructions to be followed when storing the following raw vegetables:
- 2.5.1 Leafy vegetables (2)
- 2.5.2 Mushrooms 
- 2.5.3 Whole, unpeeled potatoes (2)
- 2.6 Name TWO suitable coatings for vegetables. (2)
- 2.7 Name THREE vegetables that can be coated successfully. (3)

- 2.8 Choose a type of vegetable cut from COLUMN B that matches a description in COLUMN A. Write only the letter (A–G) next to the question number (2.8.1–2.8.5) in the ANSWER BOOK.


COLUMN A		COLUMN B
2.8.1	Rectangular blocks of vegetables	A vichy
2.8.2	The stalks are removed and the leaves are rolled up tightly and cut	B julienne
2.8.3	Vegetables are cut into various shapes such as squares, triangles or circles	C batons 
2.8.4	Vegetables are cut in long narrow strips that resemble matchsticks	D sliced
2.8.5	Vegetables are cut into small even cubes	E paysanne
		F chiffonade
		G brunoise

(5 × 1)

(5)

[40]**QUESTION 3**

- 3.1 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (3.1.1–3.1.5) in the ANSWER BOOK.

- 3.1.1 Sweet and hot peppers are members of the capsicum family also known as bell peppers.
- 3.1.2 Pumpkins are usually shelled to remove the hard-outer layer.
- 3.1.3 Vegetables should be prepared in various ways to add interest and increase palatability.
- 3.1.4 Stuffing is also known as forcemeat. 
- 3.1.5 The surface of a pâté is often sealed with a layer of olive oil.

(5 × 1)

(5)

3.2 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 (3.2.1–3.2.5) in the ANSWER BOOK.

3.2.1 A spinach soufflé is made from a combination of spinach, ... and seasoning.

- A white sauce, eggs
- B brown sauce, eggs
- C velouté, cream
- D mayonnaise, cream



3.2.2 ... is not usually used as a method of cooking vegetables.

- A Boiling
- B Roasting
- C Poaching
- D Sautéing

3.2.3 Baked potato is traditionally served with ...

- A garlic, nutmeg and bacon.
- B lemon, brown butter and mustard.
- C butter, onion and red peppers.
- D sour cream, butter and cheese.



3.2.4 Small vegetable cuts dipped in batter and deep-fried are called ...

- A croquettes.
- B terrines.
- C fritters.
- D rosti cakes.

3.2.5 To toss cooked vegetables in melted butter and sugar is called ...

- A tossing.
- B glazing.
- C dressing.
- D coating.

(5 × 1) (5)

3.3 Name SIX items needed in the goods receiving area, when goods are delivered.




(6)

3.4 Copy the following table in the ANSWER BOOK and complete it by comparing FOUR responsibilities of the food transporter and the food receiver.

FOOD TRANSPORTER		FOOD RECEIVER	
3.4.1	(4)	3.4.2	(4)

(8)



- 3.5 Discuss the storage requirements of the following items/products:
- 3.5.1 Baked cakes (4)
- 3.5.2 Bread products (4)
- 3.5.3 Eggs  (3)
- 3.6 Explain how you will deal with an ant infestation in a dry storage area. (5)
- [40]**

QUESTION 4




- 4.1 Answer the following questions about the dessert shown in the picture.



[Source: www.pngio.com]

- 4.1.1 Classify the dessert. (1)
- 4.1.2 Name the dessert.  (1)
- 4.1.3 Name a suitable cooking method for the dessert. (1)
- 4.1.4 Name FIVE criteria that can be used to evaluate the dessert. (5)
- 4.1.5 Explain how the mould used for setting the dessert should be prepared. (2)
- 4.1.6 Explain the correct way of unmoulding the dessert. (7)
- 4.1.7 Explain how this dessert should be stored. (3)
- 4.2 Briefly discuss the implications of undercooking desserts.  (5)
- 4.3 State the impact of not working in an organised manner. (5)




4.4 Choose the correct option from those given in brackets. Write only the answer next to the question number (4.4.1–4.4.10) in the ANSWER BOOK.

- 4.4.1 A mixture of flour, egg and milk beaten together to make a batter is called (pancakes/cupcakes). 
- 4.4.2 (Starch/Cereal-based) milk pudding is the type of dessert that includes rice, semolina, sago, tapioca and ground rice pudding.
- 4.4.3 Agar-agar is used to set fruit flavoured desserts such as (jellies/moulded creams).
- 4.4.4 (Egg custard/Basic meringue) consists of stiffly beaten egg whites and castor sugar that are baked in the oven at a low temperature and served cold. 
- 4.4.5 A dessert consisting of milk thickened with eggs and gelatine into which whipped cream is folded, is called (crème caramel/bavarois).
- 4.4.6 A (mousse/cheese soufflé) contains egg whites, gelatine and flavourings such as fruit or chocolate that can be turned into delicate puddings.
- 4.4.7 Crêpes are (thin/thick) wrappers served with fresh fruit mixtures, chocolate and other sweet fillings.
- 4.4.8 A dessert made from a shell of sweet or short pastry is known as a (pastry dessert/tart).
- 4.4.9 (Tiramisu/Trifle) is made by layering coffee-soaked boudoir biscuits with sweetened mascarpone and cream. 
- 4.4.10 (Egg-based /Sponge-based) custards are made with custard which sets the mixture during baking.

(10 × 1)

(10)
[40]

QUESTION 5

- 5.1 Describe how you will use the following methods to sanitise equipment:
- 5.1.1 Boiling water (2)
 - 5.1.2 Hot water  (4)
- 5.2 Discuss EIGHT best possible methods to prevent contamination when preparing poultry. (8)
- 5.3 State FOUR factors to consider when purchasing large and portioned cuts of meat for any establishment. (4)
- 5.4 State how to appropriately respond to the following operational problems:
- 5.4.1 Burns (6)
 - 5.4.2 Freezer not working (3)
 - 5.4.3 Overcooked meat  (3)
- 5.5 Explain how you will cater for the needs of the following customers in the hospitality industry:
- 5.5.1 Orthodox Jews (7)
 - 5.5.2 Diabetic patients  (3)
- TOTAL: 200**