



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE NUTRITION AND MENU PLANNING N4

7 JUNE 2018

This marking guideline consists of 9 pages.

SECTION A: SHORT QUESTIONS**QUESTION 1**

- 1.1 A
- 1.2 C
- 1.3 C
- 1.4 C
- 1.5 A
- 1.6 B
- 1.7 B
- 1.8 A
- 1.9 C
- 1.10 B
- 1.11 D
- 1.12 A
- 1.13 B
- 1.14 D
- 1.15 A
- 1.16 A
- 1.17 B
- 1.18 D
- 1.19 B
- 1.20 A

(20 × 1) **[20]**

QUESTION 2

- 2.1 True
- 2.2 True
- 2.3 False
- 2.4 False
- 2.5 False
- 2.6 False
- 2.7 True
- 2.8 True
- 2.9 True
- 2.10 False

(10 × 1) **[10]**

QUESTION 3

- 3.1 E
- 3.2 A
- 3.3 B
- 3.4 E
- 3.5 I
- 3.6 D
- 3.7 G
- 3.8 I
- 3.9 H
- 3.10 F

(10 × 2) [20]

TOTAL SECTION A: 50**SECTION B: LONG QUESTIONS****QUESTION 4**

- 4.1
 - 4.1.1 Eat eggs, but no meat, poultry, fish and do not use milk
 - 4.1.2 Use milk and milk products, but no meat, poultry, fish or eggs
 - 4.1.3 Use eggs and milk, but no meat, poultry or fish
 - 4.1.4 Do not eat any food of animal origin

(4 × 2) (8)

- 4.2
 - 4.2.1 Food consists of nutrients which are proteins, carbohydrates, fats, vitamins, minerals and water.
 - 4.2.2 Food is any substance, liquid or solid, which provides the body with heat and energy, growth and repair and regulates body processes.
 - 4.2.3 A food allergy is a harmful or abnormal reaction to the intake of one or more specific food substances. Anything which produces an allergic reaction is known as an allergen.

(3 × 2) (6)

- 4.3
 - Digestion takes place when food has been eaten and it must be broken down in the body.
 - Absorption is when food has been absorbed into the bloodstream to enable the body to benefit from the food. It occurs after the food has been broken down.

(2 × 2) (4)

- 4.4 4.4.1 Forms the hormone thyroxin which helps to control the rate of the metabolism
- 4.4.2 Maintains the correct concentration of body fluids
- 4.4.3 Gives the red blood cells their colour and transport oxygen around the body to every cell
- 4.4.4 Controls the structure of brain cells
- 4.4.5 Maintains bones and teeth and the clotting of blood (5 × 2) (10)
- 4.5 • Sunflower oil
• Salad oil
• Olive oil
• Margarine
• Spreads
• Oily fruits
• Orley whip (7)
- 4.6 A balanced diet is a diet that provides the correct amount of nutrients in the required proportions for the needs of an individual at a particular stage in his/her life. (3)
- 4.7 4.7.1 Greece - a dish of minced meat, aubergines, tomatoes and cheese sauce
- 4.7.2 Germany - pickled white cabbage served hot
- 4.7.3 Italy – a vegetable soup with pasta and served with cheese
- 4.7.4 France - snails served in their shells with garlic butter
- 4.7.5 Japan – cold, cooked rice with fish, seasoned with rice vinegar (5 × 2) (10)
- 4.8 • Blackboard
• Pinboard/back displays
• Individual menus (Any 2 × 1) (2)
- [50]**

QUESTION 5

- 5.1 5.1.1 This menu has a large number and wide selection of dishes. Each dish is individually priced and customers can choose whatever they like. Customers have to wait longer for their dishes to be cooked individually.
- 5.1.2 This menu offers a set number of courses with a very limited number of choices for each course. The price quoted is usually how much the meal will cost if the customer has one dish from each course. Customers usually have to wait a short while, since the kitchen prepared dishes in advance for an expected number of customers for each dish.
- 5.1.3 This is the dish of the day and is planned and written daily. It is a dish offered as an alternative to the set main-course menu items. This dish lets the chef take advantage of food in season and special offers from suppliers.
- 5.1.4 This will be arranged by the food service in consultation with the organiser of the function. The customers' requirements are taken into account with certain limits. Function menus are adjusted for a special traditional occasion such as a wedding or a Christmas meal.
- (4 × 2) (8)
- 5.2
 - Type of food service and the policy
 - The budget
 - The client
 - The occasion
 - Availability of food
 - Personnel
 - Food combinations
- (7)
- 5.3 5.3.1 Hot food must be served piping hot and cold food must be well cooled.
- 5.3.2 A variety of food sizes and shapes is required to provide an interesting meal. Avoid serving a number of food items of the same shape.
- 5.3.3 Food can be described as crisp, crunchy, soft, smooth, rubbery and chewy.
- 5.3.4 The flavour of a dish must relate to what is expected of it.
- (4 × 2) (8)

- 5.4
- The purpose of the organisation
 - The selling price of the items on the menu must fall within the guidelines of the food service and the amount the customer is willing to pay.
 - The selling price in commercial food services is based on the cost of food plus labour plus operational cost and plus the profit. (3 × 2) (6)
- 5.5
- A continental breakfast is a plain and simple meal and does not usually contain any hot dishes. It includes fruit or fruit juice, rolls, croissants, jams, preserves, coffee or tea.
 - The English breakfast consists of several courses with a choice of items for each course. It is usually a table d'hôte and would contain some of the following: fresh fruit, juice, cereals, porridge, smoked fish kedgeree, eggs cooked in a variety of ways, bacon sausages, tomato, mushrooms, toast, rolls, croissants, tea, coffee. (2 × 3) (6)
- 5.6
- An American breakfast is almost the same as an English breakfast.
 - They both serve basically the same food.
 - They serve pancakes or flapjacks with maple syrup instead of cereal and add potatoes in their main dish.
 - They serve a lot of coffee. (4)
- 5.7
- Relevé is a large joint of meat, which usually has to be carved. Potatoes and one or two vegetables are served with this course.
 - Entrée is the first of the meat courses. It is accompanied by vegetables and elegantly garnished. It is small portions of meat, poultry or game which are not roasted or grilled. When an entrée is followed by a relevé, vegetables are not served separately. (2 × 3) (6)
- 5.8 FIVE-COURSE MEAL (Answer must be in sequence)
- Hors d'oeuvre
 - Soup
 - Fish
 - Main course
 - Dessert (5)

[50]

QUESTION 6

- 6.1 6.1.1
- dinner – written in small letters
 - menu – written in small letters
 - MENU – must be written above the word 'dinner'
 - There should be a space between MENU and DINNER.
 - The first letter of each word must be a capital letter – but not 'with' or 'and'
 - The date must be in the right-hand corner at the bottom.
 - Coffee and Tea – must be last on the menu before the date
 - Main course – first the meat and sauce then the starch (savory rice) and then the vegetables
 - After the main course the dessert (pavlova) is served.
- (Any 6 × 1) (6)

6.1.2

MENU
DINNER
Consommé
Roast Leg of Lamb with Mint Sauce
Savoury Rice
Sweet Carrots
Stuffed Baby Marrows
Pavlova
Coffee Tea
15/10/2013

(12)

- 6.2 **ADVANTAGES**
- Saves time by removing daily or weekly task of compiling menus
 - The entire number of portions of each item can be produced to last the whole cycle
 - Greater efficiency in time and labour
 - Helps the chef with ordering, as the menu dishes will always be known in advance
 - Reduce waste
- (Any 2 × 1)

DISADVANTAGES

- Caterer cannot easily take advantage of 'good buys' offered by suppliers on a daily or weekly basis
- When used in establishments with a captive clientele, the cycle has to be long enough so the customers do not get bored with the repetition of dishes

(Any 2 × 1) (4)

- 6.3 Morning tea: Has more savoury than sweet dishes
Afternoon tea: Can also include coffee (2 × 2) (4)
- 6.4
- Efficiency and good planning
 - A good booking or reservation system
 - Copies of plans and the menu must be sent to all people who are involved.
 - Ordered wines must be in stock and at the correct temperature.
 - Compile menus within budget, staff and equipment.
 - A banqueting manager must discuss all details with various departments before finalising booking with client.
 - It should be possible to serve food fairly quickly.
 - Certain foods can deteriorate fast such as deep-fried food. Avoid for large groups of people.
 - Repeat business is the best indication of success. (Any 6 × 1) (6)
- 6.5
- Function order form
 - Function prospectus
 - Letter of quotation
 - Banqueting booking form
 - Wedding reception booking form
 - Dispatch list (Any 3 × 1) (3)
- 6.6
- The wine list shows the alcoholic beverages that are for sale at the table
 - The aim of each licensed catering operation should be to persuade every customer to have something to drink with his/her meal, since the profit margin on alcoholic drinks can be better than that from food sales
 - The wine list like the menu can be seen as a tool of marketing (3)
- 6.7 6.7.1 People with a gallbladder disease and with high cholesterol levels. (2)
- 6.7.2
- Fatty meat (bacon, sausages, processed meat)
 - Oily fish and shellfish
 - Eggs
 - Fried foods
 - Spreads, soft cheeses
 - Butter, margarine, cream
 - Salad dressings, rich desserts, pastries (Any 2 × 1) (2)
- 6.8
- Illness or health problems which may result in drinking a lot of medicine that can prevent the absorption of nutrients.
 - Due to a reduction in income it may not be possible to buy meat or protein foods. Pulses can be used.
 - Decreased mobility makes it difficult to purchase food often.
 - The loss of a partner may affect the motivation to cook and eat well. (4)

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- 6.9
- Milk
 - Cola drinks
 - Chocolate
 - Citrus fruit
 - Legumes
 - Wheat
 - Mealies
 - Potatoes
 - Eggs
 - Tomatoes
 - Onion
 - Garlic
 - Fish
 - Shellfish
 - Pork

(Any 4 × 1) (4)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200