



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

(10070274)

**28 May 2021 (X-paper)
09:00–12:00**

This question paper consists of 11 pages.

111Q1J2128

DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA
NATIONAL CERTIFICATE
NUTRITION AND MENU PLANNING N4
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 section on a new page.
 5. Use only a black or blue pen.
 6. Write neatly and legibly.
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SECTION A**QUESTION 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 (1.1–1.20) in the ANSWER BOOK.

1.1 A food source rich in protein:

- A Meat
- B Cabbage
- C Sweets
- D Carrots



1.2 This nutrient is essential for the building of bones:

- A Fats
- B Vitamins
- C Calcium
- D Proteins

1.3 A chief source of vitamin D:

- A Water
- B Nuts
- C Sunlight
- D Coffee

1.4 Water is vital to life and makes up about ... of the human body.

- A 30%
- B 100%
- C 70%
- D 98%



1.5 A chief supplier of energy to the body:

- A Cereal
- B Calcium
- C Vitamins
- D Proteins

1.6 This meal is eaten between 12:00 and 14:00:

- A Dinner
- B Luncheon
- C Plat du jour
- D Brunch



1.7 This type of food is rich in Vitamin C:

- A Bananas
- B Citrus fruits, e.g. oranges
- C Red meat
- D Cheese



1.8 This mineral helps with the clotting of blood:

- A Calcium
- B Iron
- C Sodium
- D Phosphorus

1.9 The process that food must undergo before it can be absorbed into the bloodstream:



- A Peristalsis
- B Enzymes
- C Digestion
- D Absorption

1.10 A type of vegetarian who eats eggs, but no meat, poultry, fish or milk:

- A Vegan
- B Ovo-vegetarian
- C Lacto-ovo-vegetarian
- D Lacto-vegetarian

1.11 Lard is a typical source of ...

- A plant fats.
- B margarine.
- C plant oil.
- D animal fat.

1.12 Soya and nuts are typical examples of ...

- A plant protein.
- B animal fats.
- C animal protein.
- D monosaccharides.



1.13 An example of unrefined cereal:

- A White bread
- B Weetbix
- C Cornflakes
- D Mealie meal

- 1.14 A type of menu on which all dishes are individually priced:
- A Plat de jour
 - B Cyclical 
 - C Table d'hôte
 - D À la carte
- 1.15 All canned foods should be avoided in this diet:
- A Low-salt diet
 - B Low-protein diet
 - C Low-fat diet
 - D Reduction diet
- 1.16 A formal menu that is presented in the evening:
- A Dinner
 - B Supper
 - C Fork buffet
 - D Light buffet
- 1.17 Lactose is a natural sugar found in ...
- A fruits. 
 - B milk.
 - C sugar cane.
 - D grains, e.g. barley.
- 1.18 A document containing all information regarding the issuing of crockery, cutlery and linen for functions:
- A Function prospectus
 - B Wedding reception booking form
 - C Letter of quotation
 - D Dispatch list
- 1.19 Wiener schnitzel is best described as ...
- A strips of beef sautéed with mushrooms and sour cream.
 - B a thin slice of veal crumbed and shallow-fried.
 - C a type of sausage.
 - D a soft, white, crumbly cheese. 
- 1.20 A Spanish rice dish flavoured with saffron:
- A Paella
 - B Risotto
 - C Tortilla
 - D Tapas

(20 × 1) [20]

QUESTION 2

Choose TWO food types from COLUMN B that match each food group in COLUMN A. Write only the letter (A–J) next to the question number (2.1–2.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
2.1	Fats and oil	A	fish
2.2	Meat and meat products 	B	soya mince
2.3	Calcium and milk products	C	olive oil
2.4	Fruits and vegetables	D	mealie meal
2.5	Cereal group	E	cream
		F	yoghurt
		G	tomato
		H	brown rice 
		I	cottage cheese
		J	spinach

(5 × 2)

[10]**QUESTION 3**

Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (3.1–3.10) in the ANSWER BOOK.

- 3.1 Dinner is eaten in the evening and tends to be the most important and substantial meal of the day for most people.
- 3.2 Jewish dietary laws are known as halal.
- 3.3 A sorbet can be served between courses to clear the palate.
- 3.4 The target market is a major factor in pricing a menu.
- 3.5 Room service is an American type of service. 
- 3.6 Frozen vegetables contain more salt than canned vegetables.
- 3.7 Oily fish such as tuna, trout and salmon provide omega-3 fatty acids, which help to reduce blood viscosity, making it less likely to clot.

3.8 In the event of constipation, reducing fibre in your diet is vital to keep the digestive process regular and flowing.



3.9 Dietary modification means altering the consistency of foods and liquids.

3.10 The ideal intake of fat is no more than three portions of fat per day.

(10 × 1)

[10]

QUESTION 4

Give ONE term for each of the following descriptions by writing it next to the question number (4.1–4.10) in the ANSWER BOOK.

4.1 Listed with fat and not with the protein group because it contains more fat than meat

4.2 A menu that is planned for a special occasion such as a twenty-first

4.3 Occurs after the food has been broken down in the body

4.4 A semi-soft, crumbly, salted goat's or sheep's milk cheese

4.5 A fat made from hydrogenated plant fats



4.6 A menu that consists of several courses, which is the menu for a public or private meal that has a celebratory or ceremonious meaning

4.7 All fresh fruits and nuts often named and priced separately on à la carte menus

4.8 A meal that permits individual pieces of fish, meat, game or poultry to be served, providing they can be eaten by a guest usually standing and holding a plate in one hand and eating with a fork only

4.9 Consists of the menu for the actual function as served and also information on any appetisers to be served during the reception, and perhaps tea and cakes later during the evening



4.10 Wine waiters who usually work in fine dining establishments and are wine experts and know which wines complement particular dishes

(10 × 1)

[10]

TOTAL SECTION A:

50

SECTION B**QUESTION 5**

- 5.1 Minerals play an important role in our body. Explain each of the following minerals' functions in our body:
- 5.1.1 Iodine
 - 5.1.2 Sodium
 - 5.1.3 Iron 
 - 5.1.4 Phosphorus
 - 5.1.5 Calcium (5 × 2) (10)
- 5.2 What is the difference between *digestion* and *absorption*? (2 × 2) (4)
- 5.3 Discuss the steps involved in planning a simple function menu. (8)
- 5.4 Name THREE parts of the body where absorption mainly occurs. (3)
- 5.5 Name the different types of plant oils that are obtained from various sources.  (7)
- 5.6 What is a balanced diet? (3)
- 5.7 Use the following dishes to compile a brunch menu. Write the menu in the correct order.
- Croissants, mealie bread, cheese soufflé, stuffed tomatoes, mushrooms, yoghurt, fritters, kippers, fresh fruit, apple tart, coffee or tea, butter, jam and cheese, cheesecake (9)
- 5.8 Explain the following terms in full:
- 5.8.1 Vegetarian
 - 5.8.2 Food 
 - 5.8.3 Food allergy (3 × 2) (6)
- [50]**

QUESTION 6

- 6.1 Explain the following types of menus:
- 6.1.1 À la carte
 - 6.1.2 Table d'hôte 
 - 6.1.3 Plat du jour
 - 6.1.4 Special function menu
- (4 × 2) (8)
- 6.2 Name the factors that you must consider when compiling a menu. (7)
- 6.3 Discuss the importance of each of the following aspects that play a role when planning a menu:
- 6.3.1 Temperature 
 - 6.3.2 Shape
 - 6.3.3 Texture
 - 6.3.4 Aroma
- (4 × 2) (8)
- 6.4 Describe the factors that influence the prices on a menu. (3 × 2) (6)
- 6.5 Explain the difference between a *continental breakfast* and an *English breakfast*. (6)
- 6.6 Describe an American breakfast.  (4)
- 6.7 What is the difference between a *relevé* and an *entrée*? (6)
- 6.8 Name the courses in sequence for a five-course meal. (5)
- [50]**

QUESTION 7

- 7.1 Study the menu below and CORRECT it by implementing the principles of laying out a menu.



lunch
menu
shrimp cocktail
salted caramel cheesecake
coffee and tea
caramelised butternut, broccoli polonaise
crusted lamb chops with mint sauce
roast potatoes
15/11/2020

- 7.1.1 Name and discuss SIX errors on the menu. (6)
- 7.1.2 Rewrite the menu in the correct form in your ANSWER BOOK.  (12)
- 7.2 State TWO advantages and TWO disadvantages of a cycle menu. (2 + 2) (4)
- 7.3 Explain the difference between a *morning tea* and an *afternoon tea*. (2 + 2) (4)
- 7.4 Discuss SIX factors that determine the success of a banquet. (6)
- 7.5 Name THREE forms that must be completed for the effective planning of functions. (3)
- 7.6 What is the purpose of a wine list? (3)
- 7.7 Special diets: 
- 7.7.1 For who would a low-fat diet be prescribed?
- 7.7.2 Name TWO types of food that should be avoided by people on a low-fat diet. (2 × 2) (4)

- 7.8 Define the *table d'hôte menu*.  (4)
- 7.9 Explain FOUR factors that may lead to malnutrition in elderly people. (4)
- [50]

TOTAL SECTION B: 150
GRAND TOTAL: 200