



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N1070(E)(N24)H
NOVEMBER EXAMINATION

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

(10070274)

24 November 2014 (X-Paper)
09:00–12:00

This question paper consists of 9 pages.

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. This question paper consists of TWO sections

SECTION A;	SHORT QUESTIONS	50 MARKS
SECTION B;	LONG QUESTIONS	150 MARKS
GRAND TOTAL		200 MARKS
 4. Number the answers according to the numbering system used in this question paper.
 5. Write neatly and legibly.
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SECTION A**QUESTION 1**

- 1.1 Various options are provided as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question number (1.1.1–1.1.15) in the ANSWER BOOK. e.g 1.1 E.

1.1.1 Moist heat causes sugar to ...

- A melt.
- B burst.
- C dissolve.
- D caramelise.

1.1.2 This vitamin assists in the production of coagulation factors in the blood, to clot properly after an injury:

- A Vitamin D
- B Vitamin C
- C Vitamin K
- D Vitamin E

1.1.3 ... is essential for normal growth

- A Thiamin
- B Cobalamin
- C Ascorbin acid
- D Riboflavin

1.1.4 Is essential part of body fluid:

- A Iron
- B Mineral
- C Vitamin
- D Water

1.1.5 This group of people will not consume animal food, especially that obtain by killing animals:

- A Vegetarians
- B Hindi
- C African
- D Jews

1.1.6 Which of the following sugars are not called disaccharides?

- A Lactose
- B Sucrose
- C Maltose
- D Fructose

- 1.1.7 Which of the following sugars are not called monosaccharides?
- A Galactose
 - B Fructose
 - C Glucose
 - D Sucrose
- 1.1.8 Decomposition of fat occurs between:
- A 200 – 250 °C
 - B 180 – 220 °C
 - C 70 – 90 °C
 - D 10 – 15 °C
- 1.1.9 The food group that makes one feel full because it is slow to digest is ...
- A fat and oil.
 - B cereal.
 - C protein or meat group.
 - D calcium or milk group.
- 1.1.10 Sources of the fruit and vegetables food group which are rich in Vitamin A are ...
- A pawpaw, naartjies and pineapple.
 - B guavas, mangoes and strawberries.
 - C peaches, apricots and pawpaw.
 - D oranges, naartjies and guavas.
- 1.1.11 The food group that promotes the clotting of blood after an injury is the ...
- A fat and oil group.
 - B cereal and food group.
 - C protein and meat group.
 - D calcium or milk food group.
- 1.1.12 Food is grouped together because of similar ...
- A supplement.
 - B function.
 - C orientation.
 - D foundation.
- 1.1.13 South African most typical dish (staple food) is ...
- A stroganoff.
 - B pap and wors.
 - C risotto.
 - D kebabs.

1.1.14 Mousaka is a traditional dish of ...

- A Scotland.
B Italy.
C Spain.
D Greece.

1.1.15 This Vitamin is required for the metabolism of amino acids and other enzyme system:

- A Vitamin A
B Vitamin B12
C Vitamin B
D Vitamin C

(15 x 1) (15)

1.2 Fill in the below word puzzle

A crossword puzzle grid with 5 numbered starting points. The grid is composed of white squares for letters and black squares for empty space. The numbers are: 1 (down, top-left), 2 (across, middle-left), 3 (down, top-center), 4 (across, middle-center), and 5 (down, middle-right).

Down	Across
3 Is eaten in the evening and is less formal	1 Is eaten in the evening and is formal
4 A layer of fruit, sponge cake, custard and cream	2 A moist rice dish flavoured with butter and cheese
5 Small flat, round yeast bread	

(5 x 2) (10)

1.3 Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (1.3.1–1.3.10) in the ANSWER BOOK.

- 1.3.1 This type of a menu can rotate
- 1.3.2 Olives and avocados are rich in oil and nuts
- 1.3.3 Solid fat melt out of firm pork fat by heating
- 1.3.4 Fat obtained by churning cream
- 1.3.5 Most readily available oil and cheapest
- 1.3.6 It records the customers' demands
- 1.3.7 A list of food and equipment to be delivered for an outside catering
- 1.3.8 Refers to an expensive and splendid meal given to large number of guest on festival
- 1.3.9 A breakfast that consists of several courses with a choice of items for each course
- 1.3.10 Breakfast that has a plain simple meal and does not usually contain any hot dishes

(10 x 2) (20)
[45]

SECTION B**QUESTION 2**

- 2.1 Name the five basic food groups. (5)
- 2.2 What is a balanced diet? (3)
- 2.3 State the three functions of cereal. (3)
- 2.4 Explain what food does to the body. (3)
- 2.5 Fully explain what the difference between digestion and absorption is. (3 x 2) (6)
- 2.6 In order for toddlers and young children to grow there are specific nutrients which their meal should contain.
- Name those particular nutrients. (4 x 2) (8)
- 2.7 Name the factors that lead to malnutrition. (4)
- 2.8 Name and explain FOUR types of vegetarians. (4 x 2) (8)
- 2.9 Name any FOUR unrefined sources of cereal. (4)
- [44]

QUESTION 3

- 3.1 Rewrite the following menu correctly.

dinner menu	2013-10-25
coffee/tea	
malva pudding with ice cream	
sweet carrots .beetroot glazes peas	
leg of lamp wish mash potatoes	

- (12)
- 3.2 Name the factors to be considered when compiling a menu. (7)
- 3.3 What is an à la carte menu? (3)

3.4 Explain how the following play a role in respect of the structure of a menu:

- (a) Design of the menu
- (b) Length of the menu
- (c) Presentation of the menu
- (d) Language of the menu

(4 x 4) (16)

3.5 Define a *canteen menu*

(2)

3.6 Name certain food combinations to keep in mind when planning a menu.

(7)

[47]

QUESTION 4

4.1 Re-write the following FIVE course meal and a FOUR course meal correctly.

Five course meal	Four course menu
Fish Dessert Hors d'oeuvre Main course Soup	Dessert Main course Soup Fish
7	6

(13)

4.2 What is the difference between entrée and releve?

(2 x 2)

(4)

4.3 What are the factors that affect breakfast serving?

(4)

4.4 What information does the waiting staff need?

(Any 4 x 1)

(4)

4.5 Name the factors which affect organisation of the banquet.

(7)

4.6 What are the advantages and disadvantages of a cycle menu

(6)

4.7 What advantage has a fixed menu with order?

(2)

4.8 Name the use of the following function forms:

- (a) Function order form
- (b) Dispatch list

(2 x 2)

(4)

4.9 Distinguish between

- (a) English breakfast
- (b) Continental breakfast

(2 x 2)

(4)

4.10 Discuss the qualities of the dishes that are served during a fork-luncheon. (6)

4.11 Translate the following words into English:

4.11.1 Puree

4.11.2 Consomme

4.11.3 Omelet

4.11.4 Lasagne

4.11.5 Bolognaise

(5 x 2) (10)
[64]

TOTAL SECTION A: 150
GRAND TOTAL: 200