



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

16 NOVEMBER 2018

This marking guideline consists of 6 pages.

SECTION A**QUESTION 1**

1.1	1.1.1	A	(15 × 2)	(30)
	1.1.2	B		
	1.1.3	C		
	1.1.4	B		
	1.1.5	C		
	1.1.6	A		
	1.1.7	A		
	1.1.8	D		
	1.1.9	D		
	1.1.10	D		
	1.1.11	B		
	1.1.12	C		
	1.1.13	C		
	1.1.14	D		
	1.1.15	B		
1.2	1.2.1	Continental breakfast	(10 × 2)	(20)
	1.2.2	Sunflower oil		
	1.2.3	Banquet		
	1.2.4	Feta		
	1.2.5	Lard		
	1.2.6	Cyclical menu		
	1.2.7	Dispatch list		
	1.2.8	Oily fruit		
	1.2.9	Butter		
	1.2.10	Function order form		
TOTAL SECTION A:			50	

SECTION B**QUESTION 2**

- 2.1
- Fruit and vegetables
 - Calcium or milk
 - Protein or meat
 - Cereal
 - Fat and oil
- (5)
- 2.2
- 2.2.1
- Builds and maintains bones and teeth
 - Helps with clotting of blood
- 2.2.2
- Helps with peristalsis and prevents constipation
 - Helps with digestion and gives energy
- (2 × 2) (4)
- 2.3
- 2.3.1
- Production of energy
 - Controls structure of brain cells
- 2.3.2
- Controls the use of calcium
 - Required for proper formation of bones and teeth
- 2.3.3
- Required for released of energy from food
 - Essential for normal growth
- (3 × 4) (12)
- 2.4 Food that has been eaten must be broken down in the body so that the molecules of which it is composed can be absorbed into the bloodstream. (3)
- 2.5 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. (3)
- 2.6 To eat food from all five basic food groups which contain all the nutrients needed by the body for optimal functioning (3)
- 2.7
- Protein – growth
 - Calcium – bones and teeth
 - Fluoride – teeth
 - Iron – red blood cells
- (4 × 2) (8)
- [38]**

QUESTION 3

- 3.1
- Builds strong bones and teeth
 - Helps to clot blood after injury
 - Helps with energy metabolism
 - Required for correct functioning of muscles and nerves
- (4)
- 3.2
- Lacto-vegetarian
 - Lacto-ovo vegetarian
 - Ovo-vegetarian
 - Semivegetarian
 - Pesca-vegetarian
 - Vegan
 - Partial vegetarian
 - Fruitarian
- (8)
- 3.3
- Food should be cooked and served quickly.
 - Do not keep food warm for a long time.
 - Do not soak food for a long time.
 - Do not use an alkali.
- (4)
- 3.4
- 3.4.1 Skewered lamb/chicken with pepper tomatoes and mushrooms
- 3.4.2 Mixture of fruits, sponge cake, custard and cream
- 3.4.3 Dish of minced meat, aubergines, tomatoes and cheese sauce
- 3.4.4 Small, flat, round yeast bread
- (4 × 2) (8)
- 3.5 High tea is traditional in England and popular in Scotland eaten late in the afternoon, normally after five o'clock. (3)
- 3.6
- Essential for general growth and muscle development
 - Builds, repairs and maintains blood
 - Prevents certain deficiency diseases
 - Responsible for haemoglobin synthesis in red blood cells
- (4)
- 3.7
- Builds strong bones and teeth
 - Assists in healing cuts
 - Prevents gum and mouth disease
 - Helps to build and maintain skin
- (5)
- 3.8
- Protein
 - Vitamin
 - Carbohydrates
 - Minerals
 - Fats
 - Water
- (6)

- 3.9 Vegetarians are people who do not consume animal products, especially when obtained by killing animals. (2)
- 3.10
- Vitamin B
 - Vitamin B₁
 - Vitamin B₂
 - Vitamin C
 - Vitamin B₃
- (Any 4 × 1) (4)
- 3.11 Honey (2)
- [50]**

QUESTION 4

- 4.1
- Budget
 - Client
 - Occasion
 - Availability of food
 - Personnel
 - Food combination
 - Special requests
- (7)
- 4.2 A menu is a detailed list of food to be served at specific meals which provides a way of communication between customers and food service staff. (3)
- 4.3
- Milk
 - Cheese
 - Ice cream
 - Poultry meat
 - Eggs
 - Nuts
 - Soya products
- (7)
- 4.4
- | |
|-------------------------|
| FIVE-COURSE MENU |
| Hors d'oeuvre |
| Soup |
| Fish |
| Main course |
| Dessert |
- (7)

- 4.5
- Date and time of function
 - Number to be served
 - Where to assemble
 - Where to serve
 - Menu detail
 - Table plan
 - Guest list
 - Drinks, wines, liqueurs
 - Cigars, cigarettes
 - Any other information
- (10)
- 4.6
- Shows which alcoholic beverages are for sale
 - Marketing tool
 - Persuades customer to have something to drink
- (3 × 2) (6)
- 4.7
- Relevé is a large joint of meat which has to be carved. Potatoes and one or two vegetables are served with this course. Entrée is the first meat course accompanied by vegetables and elegantly organised. It may consist of small portions of meat.
- (3 + 3) (6)
- 4.8
- 4.8.1 It offers a set of courses with a very limited number of choices at each course.
- 4.8.2 It is the dish of the day planned and written daily. It takes advantage of food in season and special offers from suppliers.
- 4.8.3 You set-up for yourself, e.g. KFC. It has a large number and a selection of dishes. Each dish is individually priced and customers can choose whatever they like.
- 4.8.4 It is arranged by the food service in consultation with the organiser. The function menu can be adjusted for special traditional occasions, e.g. weddings.
- (4 × 3) (12)
- 4.9 Xhosa
- (2)
- 4.10 Brunch is a combination of breakfast and lunch.
- (2)
- [62]**

TOTAL SECTION B: 150
GRAND TOTAL: 200