



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N1230(E)(N16)H

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

(10070274)

16 November 2018 (X-Paper)
09:00–12:00

This question paper consists of 7 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. This question paper consists of TWO sections:

SECTION A: 50 marks
SECTION B: 150 marks
GRAND TOTAL: 200 marks
 2. Answer ALL the questions.
 3. Read ALL the questions carefully.
 4. Number the answers according to the numbering system used in this question paper.
 5. Leave a space or draw a line when starting a new question.
 6. Write neatly and legibly.
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SECTION A**QUESTION 1**

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

1.1.1 Dry heat causes starch granules to ...

- A burst.
- B gelatinise.
- C swell.
- D dissolve.

1.1.2 Protein-rich source:

- A Orange
- B Meat
- C Cabbage
- D Sweet potato

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

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

1.1.4 The consumption of alcohol and pork is traditionally forbidden in this religion:

- A Lutheran Church
- B ZCC
- C Hinduism
- D Dutch Reformed

1.1.5 A menu consisting of light meals and snacks from a counter:

- A Snack
- B Supper
- C Canteen
- D Room service

1.1.6 Soya beans and cheese are food sources rich in ...

- A fats.
- B protein.
- C calcium.
- D minerals.

1.1.7 The function of ... is to give red blood cells its colour and to transport oxygen through the body and every cell.

- A iron
- B calcium
- C phosphorus
- D minerals

1.1.8 Sunlight is an important source of vitamin ...

- A K.
- B E.
- C A.
- D D.

1.1.9 ... supplies the most energy to the body.

- A Calcium
- B Fat
- C Protein
- D Cereal

1.1.10 Mineral that helps with the clotting of blood:

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

1.1.11 Typical South African staple food (starch):

- A Pasta
- B Pap (maize meal)
- C Pita bread
- D Risotto

1.1.12 Pasta served with minced meat sauce:

- A Noodles
- B Minestrone
- C Bolognaise
- D Fondue

1.1.13 Less formal menu presented in the evening:

- A Light buffet
- B Fork buffet
- C Supper
- D Dinner

1.1.14 Controls the structure of brain cells:

- A Iodine
- B Iron
- C Minerals
- D Phosphorus

1.1.15 Maintains the correct concentration of body fluids:

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

(15 × 2) (30)

1.2 Give ONE term for each of the following descriptions. Write only the term next to the question number (1.2.1–1.2.10) in the ANSWER BOOK.

- 1.2.1 Plain and simple breakfast usually without any hot dishes
- 1.2.2 Most readily available and cheapest oil
- 1.2.3 Expensive and splendid meal given to a large number of guests on festive or ceremonial occasions
- 1.2.4 Semisoft, crumbly, salted goat or sheep's milk cheese
- 1.2.5 Solid fat melted from firm pork fat by heating
- 1.2.6 Meals can rotate for three weeks
- 1.2.7 List of food and equipment to be delivered for outside catering
- 1.2.8 Olives and avocados rich in oil and nuts
- 1.2.9 Fat obtained by churning cream
- 1.2.10 Record of customer's demands

(10 × 2) (20)
[50]

TOTAL SECTION A: 50

SECTION B**QUESTION 2**

- 2.1 Name the FIVE basic food groups. (5)
- 2.2 Compare the functions of food rich in:
- 2.2.1 Calcium
- 2.2.2 Cereal (2 × 2) (4)
- 2.3 State TWO functions of each of the following nutrients that play a major role in body development:
- 2.3.1 Phosphorus
- 2.3.2 Vitamin D
- 2.3.3 Vitamin B2 (riboflavin) (3 × 4) (12)
- 2.4 Define *digestion*. (3)
- 2.5 What is a *food allergy*? (3)
- 2.6 What is the motivation for a balanced diet? (3)
- 2.7 Name FOUR nutrients that meals for toddlers and young children must provide and give the main function of each. (4 × 2) (8)
- [38]**

QUESTION 3

- 3.1 What are the functions of calcium in the body? (4)
- 3.2 Name EIGHT types of vegetarians. (8)
- 3.3 State FOUR ways to prevent loss of vitamin C while preparing food. (4)
- 3.4 Explain each of the following terms:
- 3.4.1 Kebab
- 3.4.2 Trifle
- 3.4.3 Moussaka
- 3.4.4 Pita bread

(4 × 2) (8)

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|------|---|-------------|
| 3.5 | What is a <i>high tea</i> ? | (3) |
| 3.6 | What are functions of protein in the body? | (4) |
| 3.7 | Discuss the functions of vitamin C. | (5) |
| 3.8 | Name the SIX most important nutrients the body needs. | (6) |
| 3.9 | What are <i>vegetarians</i> ? | (2) |
| 3.10 | Name the fat-soluble vitamins. | (4) |
| 3.11 | Will you serve tea for a diabetic person with white sugar or honey? | (2) |
| | | [50] |

QUESTION 4

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|-------|--|--------------|
| 4.1 | Name SEVEN things to keep in mind when planning a menu. | (7) |
| 4.2 | What is a <i>menu</i> ? | (3) |
| 4.3 | Name SEVEN sources of protein. | (7) |
| 4.4 | Draw a five-course menu with each course in the correct order. | (7) |
| 4.5 | List TEN items required by waiting staff. | (10) |
| 4.6 | What is the purpose of a wine list? | (3 × 2) (6) |
| 4.7 | What is the difference between <i>relevé</i> and <i>entrée</i> ? | (3 + 3) (6) |
| 4.8 | Define each of the following types of menus: | |
| 4.8.1 | Table d'hôte | |
| 4.8.2 | Plat du jour | |
| 4.8.3 | À la carte | |
| 4.8.4 | Special function | (4 × 3) (12) |
| 4.9 | Is samp the staple food of Tswana or Xhosa people? | (2) |
| 4.10 | What is a <i>brunch</i> ? | (2) |
| | | [62] |

TOTAL SECTION B:	150
GRAND TOTAL:	200