



higher education & training

Department:
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REPUBLIC OF SOUTH AFRICA

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NATIONAL CERTIFICATE

SANITATION AND SAFETY N4

(8060094)

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09:00–12:00

This question paper consists of 11 pages.

DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA
NATIONAL CERTIFICATE
SANITATION AND SAFETY 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. 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 (1.1–1.10) in the ANSWER BOOK.

- 1.1 Protolytic organisms break down to ...
- A sugar.
 - B fat.
 - C protein.
 - D carbohydrates.
- 1.2 What is the main type of micro-organism responsible for food poisoning?
- A Bacteria
 - B Virus
 - C Mould
 - D Parasites
- 1.3 Which of the following can cause food to be contaminated because of physical hazards from food handlers?
- A Jewellery
 - B Dust
 - C Rodent droppings
 - D Incorrectly diluted chemicals
- 1.4 Which of the following statements are true about thermometers and their calibration?
- A A thermometer must be available at all times in a food service establishment.
 - B A thermometer must be checked regularly to ensure that it is accurate.
 - C A thermometer must be accurate to 1 °C.
 - D All of the above.
- 1.5 At what temperature should dishes be rinsed?
- A 60 °C
 - B 75 °C
 - C 83 °C
 - D 89 °C

1.6 Sanitising is ...

- A applying detergent to a clean surface.
- B done before washing.
- C reducing bacteria by application of heat or chemical.
- D wiping all surfaces with a clean cloth.

1.7 Cross-contamination of food occurs when ...

- A cleaning and sanitising equipment and benches.
- B keeping food stored in food-grade containers.
- C washing hands before handling food.
- D using food handling gloves for handling money.

1.8 Which examples is best to use when washing hands:

- A Sing Twinkle, Twinkle Little Star and use cold water.
- B Get a paper towel, use hot soapy water, sing Happy Birthday to yourself, dry your hands with paper towel and throw the paper towel away.
- C Use warm water, sing Happy Birthday and get paper towel to dry your hands.
- D Use a hand sanitiser.

1.9 If a cooked stew or other food with meat, chicken or fish was left over, it should be ...

- A cooled to room temperature and then put in the refrigerator.
- B put in the refrigerator immediately after the food was served.
- C left at room temperature overnight.
- D frozen immediately.

1.10 Fire extinguishers must be serviced ...

- A annually.
- B every six months.
- C monthly.
- D every two years.

(10 × 2) [20]

QUESTION 2

Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (2.1–2.10) in the ANSWER BOOK.

- 2.1 The purpose of a detergent, which is a chemical product, is to kill bacteria.
- 2.2 A food-safety programme is a written document indicating the staff roster.
- 2.3 Frozen foods do not contain bacteria.
- 2.4 Raw food should be stored on the higher shelves in the kitchen cold room.
- 2.5 A bain-marie should only be used to keep hot food, hot.
- 2.6 If potentially hazardous foods are to be displayed or sold hot, they must be kept at a temperature of 30 °C or higher.
- 2.7 Use the same cloth to wipe work stations, utensils and crockery.
- 2.8 The temperature in a dry store should be between 11 °C and 18 °C.
- 2.9 Cold temperatures can be relied upon to destroy many bacteria.
- 2.10 Food should be cooled down within 2 hours, from 21 °C to 5 °C.

(10 × 2) **[20]**

QUESTION 3

Identify the following pests and suggest ways of eradication (killing them):

3.1



3.2



3.3



3.4



3.5



(5 × 2) [10]

TOTAL SECTION A: 50

SECTION B**QUESTION 4**

Study FIGURE 1 and answer the questions.

**FIGURE 1**

- 4.1 When studying the picture above it is clear that all chefs must be dressed in proper attire.

Discuss FIVE items of clothing that needs to be worn and the reason why it has been designed in that manner.

(10)

- 4.2 Define the term *hygiene*.

(2)

Study FIGURE 2 and answer the questions.

**FIGURE 2**

- 4.3 There are certain rules when it comes to hair care. The chef in the picture is clearly not following those rules.

Explain FIVE hair care rules.

(5)

- 4.4 Explain how a supervisor can prevent the outbreak of contagious diseases and food poisoning. (5)
- 4.5 Name the TWO basic rules when it comes to temperature control. (2)
- 4.6 List FIVE microorganisms that cause food spoilage. (5)
- 4.7 Name FIVE factors that influence the growth of microorganisms. (5)
- 4.8 Briefly discuss the following three microorganisms:
- 4.8.1 Protozoa
 - 4.8.2 Algae
 - 4.8.3 Viruses
- (3 × 3) (9)
- 4.9 Differentiate between a *mild food poisoning attack* and a *more serious attack* by listing the symptoms for each. (7)
- [50]**

QUESTION 5

5.1 Read the following article on 'People with HIV' and answer the questions.

January 2016: Life is great! I'm twenty seven years old and have my life ahead of me. I have started a new job. Have my own home. I'm involved in lots of community projects.

March 2016: Have picked up a stubborn flu that has me off work for 2–3 weeks.

May 2016: Flu returns, but also vomiting and strange rash. Doctor thinks it's viral. She runs tests, all negative. The doctor wants to do an HIV test!

The doctor asked if I think I had ever been exposed to HIV. No. I'm in my second sexual relationship, we were using protection and when we decided to stop, I was STI free and he assured me he was too. The first test is 'undetermined' and we decide to re-run the test. A week later I ring the doctor and she tells me I should come in right away.

One life-changing sentence: 'I don't know how to tell you this, but the test has come back positive.' I went into shock. I can't think of anything but: 'I am going to die'. I don't believe the doctor when she told me I am going to be OK. How could this have happened? The penny drops. I grab the phone, called and told my partner what has happened. He is floored and doesn't know what to say. I break all contact. Too much distrust. I visited my family and between sobs told them what has happened. They were upset and shocked, but hold me as I cried.

Two years on, and my life and attitude is very different. Yes, I had some bad times, struggling to get my head around HIV. I grieved for my old life and self. I felt guilt, anger, and felt I had been cheated. What did the future hold for me? Who would want me now that I am HIV-positive?

While I am not yet on treatment, the thought that one day my immune system might become too damaged to fight the virus. Sometimes it feels like a weight hanging over me. But I've found strength and, using the support offered me, regained my self-confidence and self-worth.

I now know I am not going to die and that I am, in fact, in pretty good health. I am stronger, more confident and have a new zest for life. I have changed jobs and now work in the HIV sector. This has helped me deal with being HIV-positive, and given me a way to give something back and to help others.

Most importantly, I have a new partner. He is a wonderful understanding man who accepts me for who I am, loves me unconditionally and supports all that I do. He is HIV-negative. I am lucky. My family and friends are very supportive. Many other HIV-positive people cannot say the same.

While there have been many improvements in the views about, and support for, HIV-positive people, I still get shocked by the lack of knowledge and awareness of HIV and STI's in some sections of the community. There is still so much work to do.

I want others to know my story so that they think about it and make informed decisions about their sexual health. I want my story to help reduce the discrimination and stigma that HIV-positive people face. And I want other young positive women to know that they are not alone. Yes, HIV is life-changing and it does not discriminate. But it is also manageable, and, most importantly, avoidable.

Be informed about your sexual health and that of your partner, because protection really is everybody's business.

- 5.1.1 Define the term *AIDS*. (4)
- 5.1.2 Most people are aware of the manner in which you can get AIDS, but not about the things that cannot give you AIDS.
Name FIVE ways you will NOT contract AIDS. (5)
- 5.1.3 You are aware of a friend or a colleague that might be HIV positive.
List FOUR ways you will be able to assist him/her. (4)
- 5.2 Dagga is misused by many people.
Name FIVE long term effects of using dagga? (5)
- 5.3 Alcohol should be avoided during pregnancy and lactation (breastfeeding).
Name FIVE effects alcohol can have on an unborn baby. (5)
- 5.4 Define the term *tuberculosis*. (2)
- 5.5 Explain EIGHT symptoms of TB. (8)
- 5.6 Name THREE different types of drugs. (3)
- 5.7 Name TWO areas where microorganisms can usually be found. (2)
- 5.8 Discuss FOUR aims of an emergency plan. (4)
- 5.9 Which FIVE safety measures must be adhered to when handling knives? (5)
- 5.10 Name THREE reasons why accidents occur within the workplace. (3)
- [50]**

QUESTION 6

- 6.1 Discuss EIGHT procedures to follow in case an accident occurs within the workplace. (8)
- 6.2 List EIGHT safety procedures to adhere to when handling electrical appliances and machinery. (8)
- 6.3 Define the following terminology:
- 6.3.1 Detergent
 - 6.3.2 Disinfectant
 - 6.3.3 Sanitation
 - 6.3.4 Steriliser
- (4 × 2) (8)

6.4 Name FOUR qualities that a disinfectant must consist of. (4)

6.5 List and discuss briefly THREE ways on how to check if a surface is clean. (6)

6.6 Complete the following table by explaining how each item/area is cleaned within the kitchen environment.

ITEM	MODE OF CLEANING	FREQUENCY
Floors	6.6.1 (3)	6.6.2 (1)
Equipment	6.6.3 (3)	6.6.4 (1)
Working surfaces	6.6.5 (3)	6.6.6 (1)

(12)

6.7 Name FOUR food items where yeast is required. (4)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200