



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA



**Tshwane South
TVET College**

"achieve the future"

FOOD PREPARATION

LEVEL 2

CLASS TEST FOR 6 – 10 JULY 2020

Question 1

1.1 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 – 1.1 10) on the answer sheet.

1.1.1 The main purpose of using a disinfectant in the kitchen is to ...

- A reduce bacteria to a safe level
- B dissolve grease and fat.
- C wash dirty dishes.
- D remove scale from a kettle

1.1.2 Which colour-coded chopping board is suggested for cutting raw meat?

- A White
- B Red
- C Blue
- D Brown

1.1.3 How must a spillage in the kitchen be treated?

- A Leave it to dry
- B Throw salt on the spillage
- C Leave it until the floors are washed.
- D Put up a warning sign and wipe up the spillage immediately

1.1.4 What is often the result of cross contamination?

- A Chemical poisoning
- B Viruses
- C Food poisoning
- D Influenza

1.1.5 The correct method to thaw frozen food:

- A Place it in a sink full of warm water.
- B Leave it at room temperature
- C Place it in the microwave
- D Store it overnight in the refrigerator for use the next day.

1.1.6 Some food may be stored at ambient temperatures. This means that....

- A it is suitable for perishable food.
- B food is stored at room temperature
- C the storing temperature is between -10°C and -12°C
- D harmful bacteria could develop in the food.

1.1.7 The temperature of a moderate oven is ...

- A 100°C
- B 200°C
- C 180°C
- D 220°C

1.1.8 Waste bins must be placed ...

- A under the sink in a closed department
- B at the back door
- C in assigned areas away from the food production area
- D next to the deep freeze in the dry store

- 1.1.9 A sanitiser ...
- A removes grease, food and dirt, but does not kill bacteria
 - B kills bacteria that causes food poisoning
 - C must always be diluted
 - D removes fat and destroys bacteria

- 1.1.10 Why must a complete chef's uniform be worn when cooking?
- A To protect our clothes
 - B So that all the staff look the same
 - C For warmth in winter
 - D To protect us against heat and spillage

(10 x 1) (10)

1.2 Indicate whether the following statements are TRUE or FALSE. Write only 'true' or 'false' next to the question number in the answer book

- 1.2.1 You should never play with knives.
- 1.2.2 Keep knives visible
- 1.2.3 Pork has a shorter shelf life than beef
- 1.2.4 Cooked food is chilled to slow down the multiplication of bacteria.
- 1.2.5 Frying is a wet cooking method.
- 1.2.6 Sautè means cooking food in a little oil.
- 1.2.7 Stewing is a dry cooking method.
- 1.2.8 Grilling is a fast, dry method of cooking,
- 1.2.9 Vegetables suitable to be grilled under a salamander includes potatoes and pumpkin.
- 1.2.10 Stir- frying of food takes place on top of a stove
- 1.2.11 Hot foods must be held, stored or displayed at below 65°C
- 1.2.12 When baking bread, the oven should never be pre-heated.
- 1.2.13 Preparation areas should only be cleaned after cooking.
- 1.2.14 Garnish must always be edible.
- 1.2.15 Dry goods should be stored in bins directly on the floor.

(15 x 1) (15)

Question 2

2.1 Choose a description from COLUMN B that matches an item in COLUMN A

	COLUMN A		COLUMN B
2.1.1	Vegetable knife	A	Used for shaping vegetables
2.1.2	Chef's knife	B	Used to fillet and skin fish and for certain trimming techniques
2.1.3	Turning knife	C	This knife is used to remove the bones from meat.
2.1.4	Fillet knife	D	To chop through meat and meat bones
2.1.5	Boning knife	E	Used to drain food like pasta and vegetables.
2.1.6	Carving knife	F	Used for cutting and peeling fruit and vegetables.
2.1.7	Mandolin knife	G	It is used for chopping, dicing, peeling, scraping.
2.1.8	Palette knife	H	Used to mash vegetables.
2.1.9	Colander	I	Used to slice thin pieces of meat
2.1.10	Meat cleaver	J	Has a flexible, blunt metal blade. Used for icing or lifting small items.
		K	Gives a ripple cut to slices of potato, carrots or other vegetables.
		L	Used to sharpen knives. (10 x 1) (10)

2.2 Explain how you would go about cleaning the following utensils:

2.2.1 Graters

2.2.2 Chopping boards

2.2.3 Rolling pins

(3 x 4)

(12)

2.3 What can a chef do to make sure that a chopping board does not slip when using it?

(3)

Question 3

Identify the following equipment and write down the correct name next to the question number in your answer book.

3.1.1 An appliance used to remove the centre and pips of an apple.

3.1.2 An appliance used for chopping, slicing, grating and dicing food.

3.1.3 A large spoon used to drain cooked items and to portion food such as boiled vegetables.

3.1.4 A 'knife' with a flexible, blunt metal blade, used for spreading cake icing, mixing and turning food.

3.1.5 A piece of equipment used to measure grams and kilograms.

- 3.1.6 A piece of equipment used to drain pasta and vegetables.
- 3.1.7 A large piece of electrical equipment used to keep food warm by making use of steam.
- 3.1.8 A piece of equipment used to brown food or melt cheese which is on top of a dish. (8 x 2) (16)
- 3.2 Discuss FOUR important rules for garnishing (4 x 2) (8)
- 3.3 The term used when oil heats up to such a degree that it catches fire. (1)

Question 4

- 4.1 Explain the procedures to follow if an accident should occur in the kitchen and someone is injured. (6)
- 4.2 List SIX types of meat that will be suitable for grilling. (6)
- 4.3 Name SIX examples of Starch. (6)
- 4.4 Suggest a suitable cooking method for each of the above. (6)
- 4.5 What is the term used when, during the process of cooking, the starch thickens? (1)

TOTAL: [100]