

CATERING THEORY AND PRACTICAL N4

Cereals – Workbook Extra Questions

- 1 Various options are provided 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 – 1.6) in the ANSWER BOOK.
- 1.1 Granules processed from the starch of the cassava root and used mainly in the making of milk puddings are called...
- A Cocoa
 - B Custard
 - C Tapioca
 - D Sago
- (1)
- 1.2 This cereal contains no gluten and can therefore not be used for the baking of bread:
- A Wheat
 - B Ray
 - C Oats
 - D Nutty wheat
- (1)
- 1.3 The cereal product mainly used in the making of pasta:
- A Durum wheat
 - B Maize
 - C Barley
 - D Ray
- (1)
- 1.4 The volume of water required to cook 500 g of pasta:
- A 1 liters water
 - B 2 liters water
 - C 3 liters water
 - D 4 liters water
- (1)
- 1.5 The cereal used for Maizina:
- A Maize
 - B Oats
 - C Wheat
 - D Barley
- (1)

- 1.6 To pasta Verdi, you have to add colouring obtained from ... make
- A Spinach
 - B Tomato
 - C Beetroot
 - D Squid ink
- (1)
- 2 Choose the correct word(s) from those given in brackets.
- 2.1 A cereal type rolled into flakes (oats/barley) (1)
- 2.2 Large, hollow tubes stuffed with meat and covered with a cheese sauce (farfalle/cannelloni) (1)
- 2.3 A traditional Italian cereal made from yellow coarsely ground maize flour (sago/polenta) (1)
- 2.4 A thick roux-based sauce (tartar/panada) (1)
- 2.5 Pasta cooked until soft but firm (alfresco/al dente) (1)
- 2.6 Equal amounts of butter and flour, melted together and used to thicken sauces (roux/beurre manie) (1)
- 2.7 (Pilaff/Paella) is a traditional Spanish rice dish. (1)
- 4 Give One word for each of the following descriptions by choosing a word from the list below.
- 4.1 Long rectangular sheet (1)
- 4.2 Very fine thin strands (1)
- 4.3 Small butterflies (1)
- 4.4 Envelopes of pasta stuffed with meat (1)

- 8 Choose a/an item/word from COLUMN B that matches a description in COLUMN A. Write only the letter (A – K) next to the question number in the ANSWER column.

	COLUMN A	ANSWER		COLUMN B
8.1	Manufactured from cooked potatoes and used as a thickening agent		A	barley
8.2	Made from the starch found in the Brazilian cassava root		B	sago
8.3	Starch derived from the pitch of the sago palm tree and mainly used in milk puddings		C	corn flour
8.4	Is used as an instant breakfast cereal		D	potato flour
8.5	Used to cover nougat sweets		E	pasta
8.6	The flour used to make pumpernickel bread		F	rice paper
8.7	The cereal product with the highest nutritional value		G	semolina
8.8	Coarsely grounded durum wheat used in the making of couscous		H	puffed rice
8.9	An excellent thickening agent and a product of mealies		I	rye
8.10	Made from wheat flour dough and cut into a wide variety of shapes		J	tapioca
			K	oats

(10)

- 10 Pasta is a popular ingredient to cook with. Answer the following questions concerning pasta:
- 10.1 Which type of pasta is used for lasagna? (1)
- 10.2 Which type of pasta is traditionally served with Bolognese sauce? (1)
- 10.3 Name TWO types of pasta that are served stuffed. (2)
- 10.5 Explain the correct method of cooking pasta to a beginner chef. (5)

- 15 A roux is the basis of a traditional white sauce.
- 15.1 Define the term "roux". (3)
 - 15.2 How does the preparation of a roux blanc differ from that of a roux brun? (2)
 - 15.3 What are the qualities of a successful white sauce? (5)
- 16.4 How should uncooked cereals, like oats, be stored? (3)