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higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

JUNE EXAMINATION

NUTRITION AND MENU PLANNING N4

4 JUNE 2014

This marking guideline consists of 7 pages.

SECTION A**QUESTION 1**

1.1	1.1.1	C	(20 x 1)	(20)
	1.1.2	B		
	1.1.3	A		
	1.1.4	C		
	1.1.5	D		
	1.1.6	B		
	1.1.7	C		
	1.1.8	B		
	1.1.9	B		
	1.1.10	C		
	1.1.11	A		
	1.1.12	B		
	1.1.13	A		
	1.1.14	B		
	1.1.15	D		
	1.1.16	C		
	1.1.17	C		
	1.1.18	C		
	1.1.19	A		
	1.1.20	D		
1.2	1.2.1	B	(10 x 1)	(10)
	1.2.2	D		
	1.2.3	F		
	1.2.4	A		
	1.2.5	H		
	1.2.6	J		
	1.2.7	E		
	1.2.8	I		
	1.2.9	C		
	1.2.10	G		
1.3	1.3.1	True	(10 x 1)	(10)
	1.3.2	True		
	1.3.3	False		
	1.3.4	True		
	1.3.5	False		
	1.3.6	True		
	1.3.7	False		
	1.3.8	False		
	1.3.9	False		
	1.3.10	True		

NUTRITION AND MENU PLANNING N4

1.4	1.4.1	Food allergy		
	1.4.2	Absorption		
	1.4.3	Bacon		
	1.4.4	Spread		
	1.4.5	Vitamin C		
	1.4.6	Digestion		
	1.4.7	Lacto-ovo-vegetarian		
	1.4.8	Lunch		
	1.4.9	Table d'hôte menu		
	1.4.10	Margarine		
			(10 x 1)	(10)
			TOTAL SECTION A:	50

SECTION B**QUESTION 2**

- 2.1
- Proteins are essential for general growth and muscle development.
 - Building, repair and maintenance of body
 - Prevent certain deficiency diseases
 - Responsible for hemoglobin synthesis in red blood cells
- (4 x 2) (8)
- 2.2
- (a) Calcium or milk group
 - (b) Cereal group
 - (c) Fat and oil group
 - (d) Fruit and vegetables group
 - (e) Protein or meat group
- (5 x 1) (5)
- 2.3
- Protein
 - Water
 - Minerals
 - Fats
 - Vitamins
 - Carbohydrate
- (6)
- 2.4
- Growth of children, building strong bones and teeth
 - Assist in healing of cuts
 - Prevent gum and mouth diseases
 - Help with building and maintenance of the skin
 - Required for the production of blood.
- (5)
- 2.5
- It is not digested but remains in the intestine to add bulk and helps with peristalsis and prevent constipation.
- (3)
- 2.6
- Vitamin A
 - Vitamin K
 - Vitamin D
 - Vitamin K
- (4)

- 2.7
- Food should be cooked and served as quickly as possible.
 - Do not keep food warm for a long time.
 - Do not soak food for a long time.
 - Do not use an alkali.
- (4 x 2) (8)
- 2.8
- Illness or health problems
 - A reduced income may mean that it is not possible to buy meat or other protein food.
 - Decreased mobility makes the regular purchase of food difficult.
 - The loss of a partner may affect the motivation to cook and eat well.
- (4)
- 2.9 Vegetarians are people who will not consume animal food, especially that obtained by killing animals
- (2)
[45]

QUESTION 3

- 3.1
- 3.1.1 **Moussaka:** a dish of minced meat, aubergine, tomatoes and cheese sauce.
- 3.1.2 **Pita bread:** a small ,flat, round yeast bread
- 3.1.3 **Feta:** a semi-soft, crumbly, salted goat's or sheep's milk cheese
- 3.1.4 **Salami:** cured pork sausage cut into thin slices
- 3.1.5 **Sushi:** cooked cold rice with fish, seasoned with rice vinegar
- (2 x 5) (10)
- 3.2
- Eat whole grain cereal products.
 - Choose breakfast cereal which are rich in fibre and low in sugar
 - Use a mixture of white and whole meal flour for pastries, cakes and white sauce.
 - Eat a lot of fresh fruits and vegetables.
 - Leave the skin on fruits and vegetables.
 - Eat more prunes, which is high in fibre.
- (6)
- 3.3
- Reduce fat consumption.
 - Reduce sugar consumption.
 - Increase dietary fibre consumption.
 - Reduce salt intake.
- (4)
- 3.4 Legumes, nuts, gelatine, meat, eggs, milk, bread and cereal
- (8)
- 3.5 Honey
- (2)
[30]

QUESTION 4

4.1 A **menu** is a detailed list of food to be served at a specific meal, in a specific order, offered by a food service unit, which inform the customer what the caterer has to offer. (3)

- 4.2
- Cycle menu
 - Static menu
 - à la carte menu
 - Du jour menu
 - Table menu
 - Hybrid menu
 - Hors d'oeuvre
- (Any 4 x 1) (4)

4.3 Any applicable dish:

MENU
DINNER

Chicken Livers with Small Roll

Grilled Steak with Potato Wedges
Creamed Spinach and Pumpkin

Chocolate Mousse

13-11-2013

(12)

- 4.4
- Word 'MENU' must be large and clear at the top in the middle.
 - The type of meal like 'DINNER' must be under 'MENU' in big letters.
 - The courses must be in the order it will be served.
 - There has to be definite spaces to separate various courses.
 - Food eaten together must be grouped together.
 - List the most important dish of the course first, usually protein.
 - Vegetables may be centered under main dish.
 - Write the first letter of each word with a capital letter
 - Give descriptions to avoid confusion.
 - Items like butter, milk and sugar must not be stated.
 - Special sauces and dressings have to be mentioned.
 - Menu must be dated.
- (12)

- 4.5 **Hors d'oeuvre** is a French name for appetiser. It is a light, tangy, salty snack just to stimulate the appetite. (3)
- 4.6
- Food availability
 - Equipment available
 - Expensive level
 - Atmosphere (menu must reflect the decor)
 - Proficiency (must be cooked in order)
 - Customer makeup
- (6)
- 4.7 Continental breakfast
English breakfast (2)
- 4.8
- | |
|--|
| Hors d' oeuvre |
| Soup |
| Fish |
| Releve or Roast |
| Selection of Dessert, Savouries and Cheese |
- (6)
- 4.9
- Production and service is easy
 - Forecasting and purchasing are simplified
 - Repeated use of menu and dishes can be equalised and distributed fairly.
 - It is easy to control and operate and give less wastage of food.
- (4)
- 4.10
- (a) **Function order form:** it records the customer's demands
 - (b) **Letter of quotation:** it spells out what will be provided and the price thereof
 - (c) **Dispatch list:** a list of food and equipment to be delivered for outside catering
 - (d) **Wedding reception booking form:** written detail of the wedding to be confirmed
 - (e) **Function prospectus:** it details what is to be provided
- (5 x 2) (10)

- 4.11
- Date and time of the function
 - Number to be served
 - Where to assemble
 - Where to serve
 - Menu detail
 - Plan of tables
 - List of guests
 - Drinks, aperitifs, wines, liqueurs, spirits
 - Cigars, cigarettes
 - Any other information
- (10)
- 4.12 A **banquet** is an expensive and splendid meal given to a large number of guests on festivals or ceremonial.
- (3)
[75]

TOTAL SECTION B: 150
GRAND TOTAL: 200