



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N1120(E)(J4)H
JUNE EXAMINATION

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

(10070274)

4 June 2014 (X-Paper)
09:00–12:00

This question paper consists of 10 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. 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. This question paper consists of TWO sections.

SECTION A: 50 marks
SECTION B: 150 marks
GRAND TOTAL: 200 marks

5. Leave a space and draw a line after EACH completed question.
 6. Write neatly and legibly.
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SECTION A**QUESTION 1**

Various options are provided as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question number (1.1.1–1.1.20) in the ANSWER BOOK.

- 1.1.1 The five basic food groups are called:
- A Nutrition food
 - B Special diet
 - C Foundation food
 - D Modified food
- 1.1.2 This food product is the main source of protein:
- A Milk
 - B Poultry
 - C Tomato
 - D Peanut butter
- 1.1.3 The consumption of alcohol and pork is traditionally forbidden in this religion:
- A ZCC (Zion Christian Church)
 - B Dutch
 - C Lutheran Church
 - D Hindu
- 1.1.4 Per day you require at least ... portion(s) of protein.
- A one
 - B four
 - C two
 - D five
- 1.1.5 This type of a fruit is an excellent source of vitamin C:
- A Pawpaw
 - B Pineapple
 - C Banana
 - D Guava
- 1.1.6 Bacon is a main source of food rich in ...
- A grand and grand product
 - B fat and oil
 - C calcium or milk group
 - D grand and milk group

- 1.1.7 This vitamin we get from sunlight:
- A B12
 - B A
 - C D
 - D C
- 1.1.8 The function of a menu is to ...
- A attract customers.
 - B give an indication of what is available and the price of it.
 - C provide general information.
 - D show what the chef prepares in the kitchen.
- 1.1.9 The function of protein in our body is ...
- A to make our blood circulate.
 - B haemoglobin syntheses.
 - C to provide use with energy.
 - D to help to clot blood after injury.
- 1.1.10 Soya beans and cheese are sources of food rich in ...
- A minerals.
 - B calcium.
 - C fats.
 - D protein.
- 1.1.11 This vitamin helps to increase the amount of iron that can be absorbed:
- A Vitamin C
 - B Vitamin B12
 - C Vitamin K
 - D Vitamin D
- 1.1.12 The function of vitamin C in our body is to ...
- A help hold tissue cells together and aid in prevention of bruises.
 - B stimulate peristalsis.
 - C prevent certain deficiency diseases.
 - D provide the body with fat.
- 1.1.13 A menu consisting of light meals and snacks from a counter is called ...
- A canteen.
 - B supper.
 - C room service.
 - D snacks.

- 1.1.14 Its function is to give the red blood cells their colour and transport oxygen around the body and every cell:
- A Calcium
 - B Iron
 - C Phosphorus
 - D Minerals
- 1.1.15 Keeping the nervous system in good condition is one of the functions of vitamin ...
- A B3.
 - B C.
 - C B12.
 - D B1.
- 1.1.16 The function of this vitamin is to help with maintenance and health of the skin:
- A Vitamin B12
 - B Vitamin D
 - C Vitamin A
 - D Vitamin K
- 1.1.17 ... controls the structure of brain cells.
- A Iron
 - B Minerals
 - C Phosphorus
 - D Iodine
- 1.1.18 An expensive and splendid meal given to a large number of guests on festival or ceremonial occasions:
- A Ball
 - B Dinner
 - C Banqueting
 - D Buffet
- 1.1.19 Our body requires at least ... of water.
- A 70 %
 - B 55 %
 - C 80 %
 - D 2 %
- 1.1.20 ... makes the hormone thyroxin, which helps to control the rate of metabolism.
- A Sodium
 - B Water
 - C Mineral
 - D Iodine

(20 x 1) (20)

- 1.2 Choose a description from COLUMN B that matches an item/a word in COLUMN A. Write only the letter (A–J) next to the question number (1.2.1–1.2.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.2.1	Plat du jour	A	traditional in England and popular in Scotland and eaten late in the afternoon, normally after five o'clock
1.2.2	Dinner	B	a dish of the day and is planned and written daily
1.2.3	Buffet	C	any substance, liquid or solid, which provides the body with materials
1.2.4	High tea	D	normally eaten in the evening and is usually a rather formal meal
1.2.5	à la carte menu	E	food has to be absorbed into the bloodstream to enable the body to benefit from the food
1.2.6	Continental breakfast	F	self-service
1.2.7	Absorption	G	consists of several courses, with a choice of item for each course and served for breakfast
1.2.8	Balanced diet	H	a set-up menu that one makes up, choosing from a wide selection of dishes
1.2.9	Food	I	a diet that provides the correct amount of nutrients in the required proportion for the needs of an individual at a particular stage in life
1.2.10	English breakfast	J	a plain and simple meal and does not usually contain any hot dishes

(10 x 1)

(10)

1.3 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'true' or 'false' next to the question number (1.3.1–1.3.10) in the ANSWER BOOK.

1.3.1 Milk and milk products is one of the five dietary groups or basic food groups.

1.3.2 Dark yellow fruits is one of the sources of Vitamin A.

1.3.3 Sunflower oil is made from hydrogenated plant fat.

1.3.4 Peanuts are a source of grain and grain products.

1.3.5 Fish and chips are junk food.

1.3.6 A person must eat three meals per day.

1.3.7 The taste of food can be described as smooth, crisp and soft.

1.3.8 Ovo-vegetarians do not eat any food of animal origin.

1.3.9 Pregnant women should eat at least two portions of meat and eight portions of cereal.

1.3.10 When you serve guests sitting at the table you must always start with ladies first and then gentleman afterwards.

(10 x 1) (10)

1.4 Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (1.4.1–1.4.10) in the ANSWER BOOK

1.4.1 The harmful or abnormal reaction to the intake of one or more specific substances

1.4.2 Food is absorbed into the bloodstream to enable the body to benefit from it.

1.4.3 It is listed as fat and not as protein because it contains more fat than meat.

1.4.4 Emulsion of water and margarine

1.4.5 This vitamin is easily and very quickly destroyed when in contact to heat.

1.4.6 Food has been eaten and must be broken down in the body.

1.4.7 These vegetarians use eggs and milk, but no meat, poultry or fish.

1.4.8 This meal is eaten between 12:00 and 14:00.

1.4.9 This menu offers a set number of courses with a very limited number of choices at each course.

1.4.10 This fat is made from hydrogenated plant fat.

(10 x 1) (10)

TOTAL SECTION A: 50

SECTION B

QUESTION 2

- 2.1 Name the function of protein in our bodies. (4 x 2) (8)
- 2.2 The following are examples of food sources of the five basic food groups. Write only the food groups next to the letters (a-e) in your ANSWER BOOK.
- (a) Soya milk and fresh milk
 - (b) Oats and rice
 - (c) Bacon and olive oil
 - (d) Spinach and banana
 - (e) Chicken and fish (5)
- 2.3 Name SIX of the most popular nutrients that our bodies need. (6)
- 2.4 Discuss the function of vitamin C. (5)
- 2.5 Explain the function of dietary fibre. (3)
- 2.6 Name the fat soluble vitamins. (4)
- 2.7 How can we prevent the loss of vitamin C? (4 x 2) (8)
- 2.8 Which factors may lead to malnutrition? (4)
- 2.9 What is a vegetarian? (2)
- [45]**

QUESTION 3

- 3.1 Define the following terms:
- 3.1.1 Moussaka
 - 3.1.2 Pita bread
 - 3.1.3 Feta
 - 3.1.4 Salami
 - 3.1.5 Sushi
- (5 x 2) (10)
- 3.2 How would you increase the consumption of dietary fibre? (6)
- 3.3 What are healthy eating habits? (4)
- 3.4 A diet which is low in protein is normally prescribed for patients with liver and kidney diseases.
Name EIGHT foods to avoid on a low protein diet. (8)
- 3.5 Will you serve a diabetic person's tea with white sugar or honey? (2)
- [30]**

QUESTION 4

- 4.1 What is a menu? (3)
- 4.2 Name FOUR different types of menus. (4)
- 4.3 Design a three course menu considering the principles of writing out the menu.
NOTE: Your starter is 'Chicken livers with a small roll'. (12)
- 4.4 Name the principles of writing out the menu. (12)
- 4.5 What is an hors d'oeuvres? (3)
- 4.6 Which factors influence the serving of breakfast? (6)
- 4.7 Name TWO types of breakfast. (2)
- 4.8 A five course meal is normally served at formal functions.
What does a five course meal consist of? (6)

- 4.9 What are the advantages of a table d'hôte menu? (4)
- 4.10 Name the use of the following function forms:
- (a) Function order form
 - (b) Letter of quotation
 - (c) Dispatch list
 - (d) Wedding reception booking form
 - (e) Function prospectus
- (5 x 2) (10)
- 4.11 Name the information required by the waiting staff. (10)
- 4.12 What is *banqueting*? (3)
[75]

TOTAL SECTION B: 150
GRAND TOTAL: 200