

0000000000



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 2015 (Y-Paper)
13:00–16:00

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. Write neatly and legibly.
-

SECTION A**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 (1.1.1–1.1.20) in the ANSWER BOOK.

1.1.1 ... is responsible for hemoglobin synthesis in red blood cells.

- A Protein
- B Vitamin D
- C Calcium
- D Sodium

1.1.2 A typical function of the fat food group is to ...

- A prevent diseases.
- B to keep our teeth strong.
- C activate certain enzymes.
- D provide us with energy and sources of fat-soluble vitamins.

1.1.3 ... is rich in calcium.

- A Potatoes
- B Pumpkin
- C Fresh milk
- D Brown bread

1.1.4 These vegetarians do not eat any food of animal origin:

- A Lacto-vegetarians
- B Ovo-vegetarians
- C Vegans
- D Lacto-ovovegetarians

1.1.5 This type of fruit is rich in Vitamin A:

- A Pawpaw
- B Pineapple
- C Apricot
- D Guava

1.1.6 Which ONE of the following food products does not contain protein?

- A Fish
- B Chicken
- C Eggs
- D Tomato

- 1.1.7 Vitamin A helps to ...
- A give a healthy skin and good eyesight.
 - B prevent loss of cells.
 - C prevent bruises.
 - D circulate oxygen.
- 1.1.8 A meal between breakfast and luncheon:
- A Entrée
 - B Plat du jour
 - C Brunch
 - D Buffet
- 1.1.9 Oxidation (Colour change) occurs when you open and cut this type of fruit:
- A Pawpaw
 - B Banana
 - C Orange
 - D Pineapple
- 1.1.10 ... are the main sources of iron.
- A Cabbage and white meat
 - B Kiwi fruit and pineapple
 - C Grapefruit and lemon
 - D Spinach and red meat
- 1.1.11 The vitamin necessary for the proper formation of bones and teeth.
- A Vitamin A
 - B Vitamin C
 - C Vitamin E
 - D Vitamin D
- 1.1.12 ... may be improved by eating carrots.
- A Eyesight
 - B Blood circulation
 - C Development of bones
 - D Transport of oxygen
- 1.1.13 ONE source of the cereal group:
- A Nuts
 - B Soya bean
 - C Brown rice
 - D Sugar

- 1.1.14 ... is a menu where the guests have to serve themselves.
- A Plat du jour
 - B Table d'hôte
 - C Buffet
 - D À la carte
- 1.1.15 ... is/are obtained from food after digestion and absorption.
- A Enzymes
 - B Hormones
 - C Nutrients
 - D Energy
- 1.1.16 A type of service in which light meals and snacks are served from a counter:
- A Buffet
 - B Canteen
 - C Table d'hôte
 - D Room service
- 1.1.17 A factor that should be considered when compiling a menu:
- A Standard
 - B Budget
 - C Food group
 - D Texture
- 1.1.18 The function of ... is to help in the prevention of bruises and colds.
- A protein
 - B vitamin C
 - C fat and oil
 - D iron
- 1.1.19 Harmful or abnormal reaction to the intake of one or more food substances:
- A Malnutrition
 - B Undernutrition
 - C Allergy
 - D Bulimia
- 1.1.20 Fresh ... is a rich source of calcium.
- A milk
 - B fruit
 - C vegetables
 - D bread

(20 × 1) (20)

1.2 Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (1.2.1–1.2.10) in the ANSWER BOOK.

- 1.2.1 A self-service menu
- 1.2.2 Avocados and olives are examples of food found in this group
- 1.2.3 The term used to explain the different food items served on a menu
- 1.2.4 When food has been eaten and broken down in the body
- 1.2.5 A dish of the day that is planned and written daily
- 1.2.6 A menu which includes a large number of dishes from which to choose
- 1.2.7 An expensive and splendid meal for a large number of guests at a festival or ceremonial occasion
- 1.2.8 A meal eaten in the afternoon between 12:00 and 14:00
- 1.2.9 A tea served late afternoon (17:00) that is traditionally English and is also popular in Scotland
- 1.2.10 A diet that provides the correct amount of nutrients which we need to take daily

(10 × 2) (20)

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 Orley whip can be whipped and used as cream.
- 1.3.2 Evaporated milk is concentrated milk which is a rich source of calcium.
- 1.3.3 Food is any substance, liquid or solid, which provides the body with materials.
- 1.3.4 Vegetarians are people who only eat eggs and poultry.
- 1.3.5 Fish, eggs, nuts and milk products are rich in calcium.
- 1.3.6 The Jewish religion has limited restrictions for slaughtering and food preparation.
- 1.3.7 The texture of food can be described as crisp, soft or tough.
- 1.3.8 Include nuts in a low-protein diet.
- 1.3.9 Fibre is found in all foods of plant origin.
- 1.3.10 A menu is a detailed list of sweets to be served only after dinner.

(10 × 1)

(10)

[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

- 2.1 Name TWO food sources for each of the following proteins found in meat:
 - 2.1.1 Animal proteins
 - 2.1.2 Plant/vegetable proteins
- 2.2 How many portions of protein are required per day?
- 2.3 Name FIVE unrefined sources of cereals.
- 2.4 Which nutrient builds, repairs and maintains the body?
- 2.5 Name the SIX main nutrients found in food.
- 2.6 Redraw the TABLE below in the ANSWER BOOK and complete it by writing down the food group to which each given food type belongs.

(2 × 2) (4)

(2)

(5)

(2)

(6)

	FOOD TYPE	FOOD GROUP
2.6.1	Oats	
2.6.2	Fish	
2.6.3	Salad	
2.6.4	Bacon	
2.6.5	Ice-cream	

(5 × 2) (10)

- 2.7 Recommend TWO nutrients of which intake during pregnancy should be increased.
- 2.8 Name and explain the THREE types of breakfast.
- 2.9 Name and explain the FOUR points to consider when structuring a menu.

(2)

(3 × 2) (6)

(4 × 2) (8)

[45]

QUESTION 3

- 3.1 Name and explain the factors that you need to consider when compiling a menu. (7 × 2) (14)
- 3.2 Suggest FOUR ways of reducing leftovers when preparing food. (4)
- 3.3 Give THREE functions of each of the following nutrients in our body:
- 3.3.1 Fats and oil
- 3.3.2 Protein
- 3.3.3 Calcium (3 × 3) (9)
- 3.4 Name FIVE conditions which can easily destroy vitamins. (5)
- 3.5 List the FOUR fat-soluble vitamins. (4)
- 3.6 Name and explain THREE different types of vegetarians. (3 × 2) (6)
- 3.7 Compare *supper* and *dinner*. (4)
- [46]**

QUESTION 4

- 4.1 Use the words below and draw up a dinner menu implementing the principles of laying out a menu. Make sure you put the menu in a box. (12)
- pumpkin soup; 2/11/2011; malva pudding with custard sauce; lasagne; green salad; beetroot salad; sweet potatoes
- 4.2 Evaluate the menu dishes in QUESTION 4.1 according to each of the following:
- 4.2.1 Colour
- 4.2.2 Texture
- 4.2.3 Shape (3 × 2) (6)
- 4.3 Explain why the lasagne in the menu in QUESTION 4.1 is not a suitable dish for Jews. (3)

- 4.4 What is the aim of the wine list? (6)
- 4.5 Define the following:
- 4.5.1 Dispatch list
- 4.5.2 Letter of quotation
- 4.5.3 Function prospectus (3 × 2) (6)
- 4.6 Name FOUR symptoms of food allergies. (4)
- 4.7 In order to lose weight it is necessary to reduce the energy intake of food.
Keeping this in mind, suggest products you would select for each of the following:
- 4.7.1 Ready-made custard sauce
- 4.7.2 Mince
- 4.7.3 Milk
- 4.7.4 Cream (4 × 1) (4)
- 4.8 List FIVE aspects of information that must be provided to staff who work at a catering function. (5)
- 4.9 Suggest SIX costs other than menu costs that can appear on a quotation. (6)
- 4.10 Explain the importance of menu specifications to a catering business. (3)
- 4.11 Explain why many caterers prefer to have a fixed menu at a function. (4)

[59]

TOTAL SECTION B: 150
GRAND TOTAL: 200