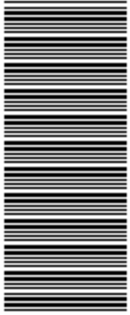


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higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N1190(E)(J3)H
JUNE EXAMINATION

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

(10070274)

3 June 2016 (X-Paper)
09:00–12:00

This question paper consists of 7 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.
-

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 (1.1–1.10) in the ANSWER BOOK.

- 1.1 Another name for the FIVE basic food group is ...
- A vitamins.
 - B malnutritions.
 - C protein.
 - D food foundation.
- 1.2 The most typical dish (staple food) in South is ...
- A pap and wors.
 - B beef stroganoff.
 - C pie.
 - D pizza.
- 1.3 Dark green vegetables are rich in vitamin ...
- A K.
 - B B12.
 - C A.
 - D C.
- 1.4 The harmful or abnormal reaction to the intake of one or more specific food substances is ...
- A obesity.
 - B allergy.
 - C digestion.
 - D migraine.
- 1.5 The ... dish can be offered as an alternative to the main course item.
- A brunch
 - B A la carte
 - C Plat du jour
 - D entrée
- 1.6 ... is a fruit which is rich in vitamin A.
- A Lemon
 - B Kiwi fruit
 - C Green apple
 - D Paw paw

1.7 The consumption of alcohol and pork is traditionally forbidden in the ... religion.

- A Dutch
- B Christian
- C Z.C.C (Zion Christian Church)
- D Jewish

1.8 ... is the first of the meat courses.

- A Entrée
- B Main course
- C 1st course
- D Plat du jour

1.9 ... is/are the food group which provides the body with iron.

- A Cereal group
- B Calcium and milk products
- C Protein and meat products
- D Fats and oil

1.10 The nutrient in ... is essential for general growth and muscle development.

- A vitamin C
- B minerals
- C water
- D protein

(10 x 2) [20]

QUESTION 2

2.1 Define the following terms:

- 2.1.1 Food
- 2.1.2 A balance diet
- 2.1.3 Digestion
- 2.1.4 Absorption
- 2.1.5 Malnutrition

(5 x 2) (10)

2.2 Name the FIVE basic food groups. (5)

2.3 What are the functions of the proteins in our bodies? (4)

2.4 How much portion of protein is required per day? (2)

- 2.5 What are the functions of calcium in our body? (4)
- 2.6 State the functions of cereal in our body. (4)
- 2.7 Name the SEVEN main sources of food rich in protein. (7)
- 2.8 Tabulate TWO groups of cereals and also name their FIVE main sources. (2 + 5 x 2) (12)
- 2.9 Tomato and guava are the main source of which vitamins? (2)
[50]

QUESTION 3

Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (3.1–3.10) in the ANSWER BOOK.

- 3.1 This oil is made from vegetable oil only.
- 3.2 This mineral is part of haemoglobin, which gives red blood cells their colour.
- 3.3 People who will not consume animal food, especially that obtained by killing animals.
- 3.4 This diet is meant for persons who have difficulty in chewing because of lack of teeth or dentures.
- 3.5 A detailed list of food to be served at a specific meal, in a specific order, offered by a food service unit.
- 3.6 This menu has a large number and a wide selection of dishes.
- 3.7 This is the dish of the day and is planned and written daily.
- 3.8 Meal that is eaten in the afternoon between 12:00 and 14:00.
- 3.9 This tea is traditional in England and popular in Scotland, it goes with a light meal that is eaten later in the afternoon normally after five o'clock.
- 3.10 It is the French name for appetiser and it is light, tangy, soft snacks just to stimulate the appetite.

(10 x 2) **[20]**

QUESTION 4

- 4.1 Explain the following words/terms.
- 4.1.1 Kebabs
 - 4.1.2 Samosas
 - 4.1.3 Stronganoff
 - 4.1.4 Hash
 - 4.1.5 Moussaka
- (5 x 2) (10)
- 4.2 Name the FOUR main nutrients which are required by toddlers and young children. (4)
- 4.3 How can food be prepared in such a way that loss of vitamin C is prevented? (4)
- 4.4 Name THREE methods that can be used to present the menu. (6)
- 4.5 Name the SEVEN food combination to keep in mind when planning a menu. (7)
- 4.6 List the factors to be considered when compiling a menu. (7)
- 4.7 Explain the principle of writing out the menu. (12)
- 4.8 Referring to the above principle of writing out the menu, re-write the following menu correctly.
- Malva pudding with
Custard source

Green shrimp salad

Lunch

Glazed carrots beetroot
Beef stroganoff

10 – 12 – 2015

Menu, tea/coffee
- (12)
- 4.9 List the sequence of a four-course lunch. (4)

- 4.10 Distinguish between the following:
- 4.10.1 Continental breakfast
- 4.10.2 English breakfast
- (2 x 2) (4)
- 4.11 Distinguish between a *canteen menu* and *room service*. (6)
- 4.12 TABULATE the advantages and disadvantages of a table d'hote menu. (4 x 2) (8)
- 4.13 Give the reasons why a fixed menu with a limited choice is becoming popular with caterers. (4 x 2) (8)
- [92]**

QUESTION 5

Choose a/an word(s)/item from COLUMN B that matches a description in COLUMN A. Write only the letter (A–I) next to the question number (5.1–5.9) in the ANSWER BOOK.

COLUMN A		COLUMN B	
5.1	A list of food and equipment to be delivered for an outside catering	A	brunch
5.2	It records the customers' demands	B	function prospectus
5.3	Written details of the wedding to be confirmed	C	dinner
5.4	It spells out what will be provided and the price thereof	D	letter of quotation
5.5	The customer fills this in as a written confirmation of the function	E	wedding reception booking form
5.6	It details what is to be provided	F	buffet menu
5.7	It is enjoyed in the evening and is usually a formal meal	G	function order form
5.8	Self-service	H	dispatch list
5.9	Combination of a breakfast and lunch	I	banqueting booking form

(9 x 2) **[18]**

TOTAL: 200