



# higher education & training

Department:  
Higher Education and Training  
**REPUBLIC OF SOUTH AFRICA**

## MARKING GUIDELINE

**NATIONAL CERTIFICATE  
NOVEMBER EXAMINATION  
NUTRITION AND MENU PLANNING N4**

**19 NOVEMBER 2015**

This marking guideline consists of 6 pages.

*CM*  
*Mambau*

*Im*  
*WP*

**QUESTION 1**

- 1.1 Food foundation or Food pyramid or Food guide // (2)
- 1.2
- Essential for body growth and muscle development.//
  - Building, repairing and maintenance of body//
  - Prevent certain diseases//
  - Responsible for hemoglobin in red blood cells //
- (4 x 2) (8)
- 1.3
- Serve food shortly after it has been cooked//
  - Do not keep food warm for a long time //
  - Do not soak food for a long time//
  - Do not use an alkali or bicarbonate of soda. //
- (4 x 2) (8)
- 1.4
- Vitamin C/
  - Vitamin A/
  - Others ✓
- (3)
- 1.5
- Fish/
  - Eggs/
  - Meat/
  - Poultry/
  - Nuts/
  - Soya beans/
  - Milk/
  - Cheese /
  - Any relevant answer/
- (8)
- 1.6 Two// (2)
- 1.7
- Builds strong teeth and bones//
  - Helps to clot blood after injury//
  - Helps with the energy metabolism//
  - Required for the correct function of muscles and nerves //
- (4 x 2) (8)
- 1.8
- Provides the body with most of its energy/
  - It provides bulk to food and stimulates peristalsis/
  - Prevents diseases e.g. diabetes, cancer, etc. ✓
- (3)  
**[42]**

**QUESTION 2**

- 2.1 Vitamin C//  
 2.2 Lard//  
 2.3 Food//  
 2.4 Margarine//  
 2.5 Balanced diet//  
 2.6 Bacon//  
 2.7 Absorption//  
 2.8 Food allergy //  
 2.9 Digestion//  
 2.10 Mucus//

(10 x 2) [20]

**QUESTION 3**

- 3.1
- Calcium/
  - Phosphorus/
  - Iron/
  - Sodium/
  - Iodine/
  - Water/

(6 x 1) (6)

- 3.2 Calcium
- Building and maintenance of bones and teeth/
  - Clotting of blood/
  - Helps with the functioning of muscles and nerves/
  - (Any TWO)
- Phosphorus
- Production of energy/
  - Controls structure of brain cells/
- Iron
- Gives red blood cells their colour/
  - Transports oxygen around the body to every cell
- Sodium/
- Maintains the correct concentration of the body fluids/
  - ( Any TWO)

Iodine

- Helps control the role of the metabolism/
- Regulation of body temperature and blood cell production/

Water

- Regulates the body temperature/
- Required for metabolism/

(6 x 2) (12)

- 3.3 Fats and oils //

(1 x 2) (2)

- 3.4 3.4.1
- Refined//
  - Unrefined //
- (2 x 2) (4)

3.4.2

REFINED	UNREFINED
<ul style="list-style-type: none"> <li>• White bread</li> <li>• Mealie meal</li> <li>• Strawberry pops</li> <li>• Spaghetti</li> <li>• Cake flour</li> <li>• Corn flakes</li> <li>• White rice</li> <li>• Any relevant answer</li> </ul>	<ul style="list-style-type: none"> <li>• Brown rice</li> <li>• All Bran flakes</li> <li>• Weetbix</li> <li>• Jungle oats</li> <li>• Khune meal</li> <li>• Popcorn</li> <li>• Brown bread</li> </ul>

(Any 6 x 2) (12)

- 3.5
- Vitamin A/
  - Vitamin K/
  - Vitamin D/
  - Vitamin E/
- (4)

- 3.6
- 3.6.1 Vitamin A//
- 3.6.2 Vitamin D//
- 3.6.3 Assists with blood clotting properly after injury//
- 3.6.4 Vitamin A//
- (4 x 2) (8)

- 3.7
- Vitamin B/
  - Vitamin B1/
  - Vitamin B2/
  - Vitamin B3/
  - Vitamin B12/
  - Vitamin C /
- (6 x 1) (6)

- 3.8
- 3.8.1
- Stable in food//
  - Unaffected by normal temperatures//
- (2 x 2) (4)
- 3.8.2
- Unaffected by normal temperatures //
  - Does not dissolve in water //
- (2 x 2) (4)

- 3.9 70% //
- (2)

- 3.10
- Protein //
  - Meat products//
- (Any 2 x 1) (2)



**QUESTION 4**

- 4.1 H//  
 4.2 A//  
 4.3 F//  
 4.4 K//  
 4.5 L//  
 4.6 B//  
 4.7 M//  
 4.8 C//  
 4.9 N//  
 4.10 O//  
 4.11 J//  
 4.12 E//  
 4.13 I //  
 4.14 D//  
 14.15 G//

(15 x 2)

**[30]****QUESTION 5**

- 5.1      5.1.1      **Soft diet-**  
 For patients with gastrointestinal condition./  
 Patients with difficulty in swallowing./
- 5.1.2      **Mechanical soft diet-**  
 For people who have difficulty in chewing./  
 Patients who have no teeth or using dentures./
- 5.1.3      **Liquid diet-**  
 For people with an intolerance to solid food/  
 Difficulty in swallowing /
- (3 x 2)      (6)
- 5.2      5.2.1      **Buying power –**  
 You have to know how much the potential customer is able or  
 willing to pay./  
 You will be able to set competitive prices/  
 Avoid working at a loss /  
 (Any relevant answer)
- 5.2.2      **Customer requirements-**  
 Analyze the popularity of the dishes on the menu/  
 Consider the customers' demands./  
 Provide customers with the best product that suits their  
 requirements/  
 (Any relevant answer)

- 5.2.3 **Location –**  
The food service unit should allow easy access/  
For both customer and suppliers./  
Time will be efficiently saved./  
(Any relevant answer)
- 5.2.4 **Competition in the area –**  
Know your competitors./  
Be competitive/  
Provide more and better products and services than your competitor/  
(Any relevant answer)
- 5.2.5 **Type of people/clients –**  
Anticipate and analyze the type of people you are planning to cater for./  
Provide the best product and service possible/  
Meet the customers' requirements/  
(Any relevant answer)

- 5.3
- Budget/
  - The client/
  - The occasion /
  - Availability of food/
  - Personnel/
  - Food combinations/
  - Venue/facilities for preparing and serving of food/
- 5.4
- Continental breakfast//
  - English breakfast//
- 5.5
- **Plat du jour-** is the dish of the day and is planned and written daily./
  - **An à la carte-** menu is a large number and wide selection of dishes./
- 5.6

(5 x 3) (15)

(7)

(2 x 2) (4)

(2 x 2)

(6)

[42]

TOTAL: 200

<b>FIVE-COURSE MENU/</b>
Hors d'oeuvre/
Soup/
Fish/
Main course/
Dessert/