



# higher education & training

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

**N1210(E)(N18)H  
NOVEMBER EXAMINATION**

**NATIONAL CERTIFICATE**

**NUTRITION AND MENU PLANNING N4**

(10070274)

**18 November 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

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**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.
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**QUESTION 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 (1.1–1.10) in the ANSWER BOOK.

1.1 A factor that should be considered when compiling a menu:

- A Standard
- B Budget
- C Food group
- D Texture

1.2 These people do not eat any animal products at all:

- A Vegetarians
- B Ovo-vegetarians
- C Muslims
- D Vegas

1.3 This food group protect the essential organ of the body:

- A Meat group
- B Fat group
- C Cereal group
- D Dairy group

1.4 This food group supplies the most energy to the body:

- A Fats
- B Protein
- C Fruits and vegetables
- D Cereals

1.5 Ovo-vegetarians eat only ...

- A Animal products
- B Eggs and milk products, but not meat
- C Eggs, but no meat, poultry, fish or milk
- D Eggs, but no omelette, quiche and milk

1.6 Vitamin A ...

- A Help prevent cold
- B Help prevent bruises
- C Is important for good eyesight
- D Maintain the tissue cells

- 1.7 This food group promotes the clotting of blood of an open wound:
- A Fat and oil
  - B Cereal
  - C Fruit and vegetables
  - D Calcium
- 1.8 Then nutrients in this food group is essential for general growth and muscle development:
- A Vitamin B12
  - B Sodium
  - C Fats
  - D Proteins
- 1.9 The first of the meat courses:
- A Plat du jour
  - B Entrée
  - C Roast
  - D Relevee
- 1.10 A diet which requires the intake of whole-grain products:
- A High-fibre diet
  - B Low-salt diet
  - C High-sugar diet
  - D Low-protein diet
- (10 × 2) [20]

**QUESTION 2**

- 2.1 What is a *balance diet*? (3)
- 2.2 What are the functions of protein in our body? (4 × 2) (8)
- 2.3 What is *food*? (2)
- 2.4 Name the TWO types of fat. (2)
- 2.5 What are the FOUR main source of protein? (4)
- 2.6 What are the functions of calcium? (4 × 2) (8)
- 2.7 What are the TWO types of cereals? (2)
- 2.8 Name the SIX types of unrefined cereals. (6)
- 2.9 Name the FOUR types of refined cereals. (4)

- 2.10 What is the function of cereal? (3 × 2) (6)
- 2.11 Name the FIVE types of animal fats. (5)
- 2.12 Name the SEVEN types of plant fats and oils. (7)
- 2.13 What is the purpose of food into our body? (3)
- [60]**

### QUESTION 3

Give ONE word/term or answer for each of the following descriptions or questions. Write only the word/term next to the question number (3.1–3.11) in the ANSWER BOOK.

- 3.1 Material food is composed of
- 3.2 When food has been eaten, it must be broken down in the body by this process
- 3.3 This type of animal fat is fat and not protein because it contains more fat than meat
- 3.4 Is a plant fat made from hydrogenated plant fat?
- 3.5 This plant fat is emulsions of water and margarine
- 3.6 Olives and avocados rich in oil and nuts
- 3.7 Can heat melt solid fat out of firm pork fat?
- 3.8 Breakfast that has a plain simple meal and does not usually contain any hot dishes.
- 3.9 Any substance, liquid or solid, which provides the body with materials
- 3.10 A fat obtained by churning cream.
- 3.11 The solid fat deposits around the kidneys of animals such as beef and mutton (11 × 2) **[22]**

**QUESTION4**

- 4.1 What is a *menu*? (3)
- 4.2 What is a *cyclical menu*? (3)
- 4.3 Draw up a table and compare the advantages and disadvantages of a cyclical menu. (8)
- 4.4 Re-arrange the following menu correctly and apply the principles of the layout of the menu.



(12)

- 4.5 Define the following menu in full:
- 4.5.1 Plant du jour
- 4.5.2 A la carte menu
- 4.5.3 Buffet menu
- 4.5.4 Table d'hôtel menu
- 4.5.5 Brunch menu (5 × 2) (10)
- 4.6 Name the THREE methods in which you can present the menu. (3)
- 4.7 Name the food combinations you should keep in mind when planning a menu. (8)
- 4.8 What are the factors you should consider when compiling a menu? (7)
- 4.9 What are the factors which influence menu pricing? (3 × 2) (6)
- 4.10 What is understood by *high tea*? (4)

- 4.11 Name the factors that have an effect on breakfast services. (6)
- 4.12 Name the TWO types of breakfast. (2)
- 4.13 What is a *banquet*? (3)
- 4.14 Name the factors which will have an effect on the success of a banquet? (7)
- 4.15 Which information does the waiting staff requires? (10)
- 4.16 Name the different forms which are needed for effectively planning functions. (6)

**[98]****TOTAL: 200**

GENERAL STUDIES