

MODULE 4: SEAFOOD

1. Tabulate FIVE differences between crustaceans and mollusks. (5x2) (10)
2. Give the classification of shellfish with ONE example of each kind. (9)
3. What type of shellfish is associated with the term *thermidor*? (1)
4. Explain how you will prepare fried mussels. (2)
5. Name and describe FOUR methods to prepare and serve oysters. (8)
6. Describe how you will peel prawns in order to prepare a pâté. (5)
7. Give the quality characteristics to look for when you buy the following seafood:
 - 7.1 Live bivalves
 - 7.2 Live snails
 - 7.3 Fresh lobster
 - 7.4 Crab (4x2) (8)
8. **Rollmops** are [pickled herringfillets](#), rolled (hence the name) into a [cylindrical](#) shape, often around a savoury filling. The filling is usually slices of onion, pickled [gherkin](#), or [green olive](#) with pimento. Rollmops can be served held together with one or two small wooden skewers.
9. What is the difference between sole meunière and sole mariniere? (4)
10. How will you extract and clean raw abalone meat? (5)
11. Describe the process of preparing fried calamari rings from a whole fresh squid. (8)
12. Give the characteristics of raw and cooked prawns used for the prawn cocktail. (2)
13. When selecting shellfish, there are several tests that can be applied to determine freshness. Describe how you would make sure that the shellfish you purchased are fresh. (6)
14. Explain how to plate hot, as well as cold oysters. (2)
15. Describe how you would serve each of the following seafood:
 - 15.1 oysters
 - 15.2 prawns
 - 15.3 mussels(3x2) (6)

MODULE 4: ICING

1. How should an Italian meringue be prepared? (3)
2. Explain what *fondant* is. (3)
3. List the essential steps in making fondant. (3)
4. Give FIVE guidelines to follow when melting fondant to be used as a cake icing. (5)
5. Explain the following types of cake icing:
 - 5.1 fudge icing
 - 5.2 flat icing
 - 5.3 royal icing (3x2) (6)
6. Give FIVE guidelines to follow when you melt fondant to use it as a cake icing. (5)
7. State THREE main functions of cake-icing. (3)
8. Write a method for preparing American frosting. (7)
9. Distinguish between a simple butter cream and a meringue-type butter cream by explaining the preparation of each. (8)
10. Distinguish between the THREE basic types of buttercreams. (6)

MODULE 4: SUGAR COOKERY

1. List FIVE factors that will affect the degree of sweetness when tasting sweet products. (5)
2. How can a complete solution of sugar be accomplished? (4)
3. How can the formation of large crystals be prevented when preparing crystalline sweets? (6)
4. List four characteristics of caramel. (4)
5. Name THREE factors that will influence the acid hydrolysis of sucrose to invert sugar. (3)
6. List FOUR non-crystalline sweets. (4)
7. How is crystallization prevented in the making of non-crystalline sweets? (2)
8. Classify sweets with THREE examples of each. (8)
9. Give a reason for each of the following actions during sugar cookery:
 - 9.1 prevent undissolved crystals
 - 9.2 boiling sugar syrup in an uncovered saucepan
 - 9.3 stirring the solution during cooking
 - 9.4 rinsing the spoon between stirring sessions (4x2) (8)
10. How can crystallization be prevented in the making of sweets? (3)
11. List FIVE practical hints to be adhered to during sugar cookery. (5)
12. What does the term *ripening* imply in sweet making? (3)
13. You received the following ingredients to prepare fudge. Write a step by step method to prepare the fudge:

800 g white sugar
1 ml salt
300 ml water
37,5 ml golden syrup
37,5 ml glucose syrup
50 g butter
1 tin (379 g) condensed milk
5 ml vanilla essence (10)
14. How will you prevent the formation of crystals when you prepare nougat. (3)
15. To what stage should you boil the sugar syrup when preparing nougat? (1)
16. What should the results be if you do a cold water test at this stage? (2)
17. State the factors that will influence the size of the crystals when making fudge. (5)
18. Describe what happens when dry heat is applied to sugar. (3)

MODULE 4: FROZEN DESSERTS

1. How can the formation of large ice crystals be prevented when ice cream is prepared? (6)
2. What are the characteristics of a good quality ice cream? / 'Glacé Vanille'? (6)
3. What are the TWO stages involved in the freezing process of commercially prepared ice creams? (2)
4. Indicate in a recipe the main ingredients which will aid the formation of small ice crystals when preparing ice cream.
5. Discuss the composition of the following frozen desserts:
 - 5.1 sorbets
 - 5.2 sherbets
 - 5.3 melorine
 - 5.4 parevine (4x2) (8)
6. List the FOUR main types of frozen desserts. (4)
7. Give the correct descriptions of the following terms:
 - 7.1 Sorbet
 - 7.2 Parevine
 - 7.3 Mellorine
 - 7.4 Parfait
 - 7.5 Cassata
 - 7.6 Bombe
 - 7.7 Baked Alaska
 - 7.8 Sundae
 - 7.9 Mousse
 - 7.10 Praline (10x2) (20)
8. What are the characteristics of a high quality Glace Vanille? (10)
9. Give the THREE factors on which the time required for freezing refrigerator desserts depends. (3)
10. Explain each of the following factors which aid the formation of small ice crystals in the preparation of frozen desserts.
 - 10.1 interfering substances
 - 10.2 stirring
 - 10.3 inclusion of air
 - 10.4 temperature (4x2) (8)
11. Name FOUR characteristics of frozen desserts. (4)
12. Describe the functions of the following TWO actions in the preparation of ice cream:
 - 12.1 Pasteurisation
 - 12.2 Homogenisation (2x4) (8)

13. Differentiate between the characteristics of the following frozen desserts: ice cream; ice milk; sherbet; sorbet. (8)
14. Summarise the factors that aid in the formation of small ice crystals when preparing ice cream. (7)

MODULE 4: CHOCOLATE

1. List THREE uses of couverture chocolate. (3)
2. How should chocolate be stored? (1)
3. List FIVE causes of grey surfaces on chocolate. (5)
4. List the most suitable conditions for the preparation of chocolates. (5)
5. Explain how you would melt chocolate according to the conventional method. (6)
6. Explain the difference between
 - 6.1 couverture (4)
 - 6.2 coating chocolate (3)

MODULE 3

THE INFLUENCE OF ETHNIC CULTURES

1. List SIX laws of Kashruth. (6)
2. Some the guests are Muslims at a function. Which guidelines should you keep in mind when planning the menu? (6)
3. You decide on a Malay curry. Explain how this differs from Indian curry. (2)
4. If the function includes Hindu guests, which food types would be unsuitable? (4)
5. Name the dishes traditionally served at Hanukkah. (2)
6. State FIVE factors that contributed to the increase in ethnic eating places. (5)
7. Which food type do the following vegetarians exclude from their diet?
 - 7.1 lactovegetarians (4)
 - 7.2 pescatarians (1)
9. What do the Jewish people traditionally serve at the following celebrations:
 - 9.1 Passover (1)
 - 9.2 Pentecost (1)
 - 9.3 Hanukkah (2)
 - 9.4 Yom Kippur (1)
11. State THREE factors which influence traditional eating habits and give ONE example of each. (6)
12. Briefly explain the food included and excluded in the diet of semi-vegetarians. (4)
13. List any FIVE traditional South African dishes derived from the Cape settlers. (5)
14. Name FIVE types of vegetarians with ONE food item they normally exclude from their diet. (10)
15. What restrictions do Muslims have to abide by during the holy month of Ramadan? (2)
16. Name TWO things which you would not serve to Muslims. (2)
17. Name FIVE popular South African sweet or dessert items inherited from the Cape Settlers. (5)
18. Give FIVE reasons why it is essential to have knowledge of ethnical cultures. (5)

19. Name the country of origin for the following dishes:
 - 20.1 baps
 - 20.2 Salad nicoise
 - 20.3 Sauerkraut
 - 20.4 Raclette
 - 20.5 Couscous
 - 20.6 Peking duck
21. Develop a list of at least SIX dishes for an Italian restaurant. (6)
22. State the characteristics of the cooking methods for a Chinese diet. (3)
23. Explain what Indian cooking involves. (5)

MODULE 2

LARGE-SCALE AND FUNCTION PLANNING

1. List the sequence of service for a formal function. (14)
2. State SEVEN factors to keep in mind when you draw up a table plan for a function. (7)
3. State the information that should appear under the heading of a standardized recipe. (6)
4. State SIX disadvantages of standardized recipes. (6)
5. Communication is very important in securing the success of a function. What information will you communicate to the waiting staff regarding a function? (10)
6. When planning the seating plan and table plan, it is very important to space the equipment properly. Indicate how much space you will allow for the following:
 - 6.1 between the tables
 - 6.2 for each cover/ place setting
 - 6.3 between the chairback and the table
 - 6.4 the chairback and the wall
 - 6.5 two average length banqueting tables for the buffet (5x2) (10)
7. Give the formulas to determine the following for your catering business:
 - 7.1 selling price of food
 - 7.3 kitchen percentage
8. Describe FIVE ways in which a formal function differs from an informal function. (5)
9. State the factors that should be considered when determining the portion size of food. (4)
10. State SIX advantages of standardized recipes. (6)
11. What should you keep in mind when planning a platter for a function? (7)
14. The preparation cost of the menu is R50,00. What will be the selling price be, if you want to obtain a gross profit of 50%? Show all the calculations. (8)
15. What are the aims of portion control? (2)
16. Discuss the attributes which make a buffet a popular method of catering. (6)
17. State THREE factors to consider when purchasing stackable chairs. (3)

18. Which document do caterers use to note the customers' requirements for a banquet? (1)
23. What are the advantages of using pre-portioned items? (7)
24. How can you accomplish lavishness and abundance on a buffet table? (4)
25. The selling price of a meal on a menu is always %. (1)
26. What factors should be considered when drawing up the seating plan for a function? (6)
- 27.
33. List FOUR tasks of a station waiter at the end of a service before he/she goes off duty. (4)
34. Besides food costs, what other costs must be considered in a catering business? (2)
35. State the menu and serving sequence for a buffet. (5)
- 36.
37. You are asked to cater for 176 people for a breakfast function.
The instructions for the seating plan are as follow:
- (a) one table to seat eight persons (main table)
- (b) the rest of the tables will seat six each
- (c) a buffet table to accommodate the fruit, fruit juices, cereals and bread items
- 37.1 Calculate how many tables will be necessary to seat 176 guests. (2)
- 37.2 List the factors that must be considered when deciding on the positioning of the buffet table. (2)
- 37.3 Calculate how many waiters will be required if each waiter is responsible for two tables except the main table, where one waiter will serve. (2)
38. State tasks of the head waiter at the completion of a function. (10)
39. Give the meaning of the following TWO abbreviations which are often used in standardized recipes:
- 39.1 AP
- 39.2 EP (2)
40. Measurement is one way of determining portion size. State TWO other ways deciding what the size of a portion should be.
45. List the information the waitering staff needs for the preparation of a function. (10)
46. What additional factors should the caterer make sure of, when the function is going to be held at a different premises? (11)

MODULE 1

MENU PLANNING

1. Give a suitable description for each of the following words/ terms.
- 1.1 Carte du jour

- 1.2 Caviar
- 1.3 Scotch eggs
- 1.4 Hygroscopic
- 1.5 Tofutti
- 1.6 Table d' hôte
- 1.7 Cycle menu
- 1.8 Caramelisation
- 1.9 Cassata
- 1.10 Portion control
- 1.11 Banquet
- 1.12 Hostess
- 1.13 Pêche Melba
- 1.14 potted shrimps
- 1.15 finnan haddie
- 1.16 mortadella
- 1.17 black forest cake
- 1.18 linzertorte
- 1.19 raclette
- 1.20 tapas
- 1.21 gravlax
- 1.22 coulobiac
- 1.23 spanakopita
- 1.24 tahina
- 1.25 dhal
- 1.26 pakoras
- 1.27 dim sum
- 1.28 sushi
- 1.29 Ravioli

- 1.30 petit marmite
- 1.31 parfait
- 1.32 omelette espagnole
- 1.33 Hasselback potatoes
- 1.34 beef ragout
- 1.35 cannoli
- 1.36 hummus
- 1.37 keftedes+ Mediterranean meatball
- 1.38 Poppadums
- 1.39 Zabuska
- 1.40 Ful Medames
- 1.41 Chelsea buns
- 1.42 Carageen moss pudding
- 1.43 Shish
- 1.44 Vindaloo
- 1.45 Gado gado
- 1.46 Sake
- 1.47 Dim sum
- 1.48 Souvlakia
- 1.49 Garam masala
- 1.50 Saumon fumé
- 1.51 Salade vert
- 1.52 Galantine de volaille
- 1.53 Canapé baron
- 1.54 Bombay duck
- 1.55 Burrito's
- 1.56 Cocktail decrevettes rose
- 1.57 melon frappe

- 1.58 Suprême de volaille
- 1.59 Entrecote Bordelaise
- 1.60 Jambon
- 1.61 Café filtre
- 1.62 Thé Indien
- 1.63 Contrefilet de Boeuf
- 1.64 Crêpes Suzette
- 1.65 Fondue
- 1.66 Haggis
- 1.67 Chilli con carne
- 1.68 poisson
- 1.69 entremet
- 1.70 fromage
- 1.71 potage
- 1.72 mebos
- 1.73 Sauerkraut

2. How will menu planning be affected by the following factors?

- 2.1 location of the establishment
- 2.2 spending power of customers
- 2.3 supplies and storage

2.4 seat turnover (4x2) (8)

3. Explain the term hors d' oeuvres. (2)

4. Give the TWO main hors d' oeuvres categories. (2)

5. List the main ingredient of the following hors d' oeuvres:

- 5.1 pâté maison
- 5.2 moules marinière
- 5.3 cocktail Florida

- 5.4 Truite fume (4x2) (8)
6. State THREE characteristics of an à la carte menu. (3)
7. What is meant by the following terms:
- 7.1 Bill of fare
- 7.2 Café complet
- 7.3 Carte du jour
- 7.4 Entremet
- 7.5 Savoureux (5x2) (10)
8. Write a meal plan of a full English breakfast (with an example of each course). (14)
9. Give the right sequence of a SIX course dinner menu. (6)
10. Give ONE example of cheese from each of the following countries:
- 10.1 France
- 10.2 Italy
- 10.3 Switzerland
- 10.4 Greece
- 10.5 Netherlands
- 10.6 England (6)
11. Indicate the duration of the following meals:
- 11.1 Brunch
- 11.2 Champagne breakfast (2x2) (4)
12. There are several factors affecting menu planning. Name FIVE factors in the target market that can affect it. (5)
13. Give FIVE hints that will help a young mother when she introduces new food to her baby.(5)
14. Name EIGHT points to consider when planning a menu for a function. (8)
15. Name TWO examples of food to pack when you have to evacuate the building in case of

- an emergency. (2)
16. List 10 factors to keep in mind when you choose appropriate dishes for a menu. (10)
17. When should the elderly have their main meal and why? (2)
18. Explain in what way a menu is a means of communication with guests. (8)
19. How should a woman adjust her diet during pregnancy? (8)
20. During an emergency situation, how can you alter your cooking methods to save fuel? (6)
21. The following items will be served at a banquet:

Angels on horseback; borscht; chateau briand; choufleur mornay; crêpe suzette; espinards en branches; moules mariniere; pommes lyonnaise; roti; sole Veronique

- Write out the table d'hôte menu and indicate the items in the correct order. (15)
22. Explain to a customer the difference between the dishes of the following menus:
- 22.1 Full English breakfast (6)
- 22.2 Continental breakfast (3)
- 22.3 brunch (7)
23. Give FIVE hints that will help a young mother when she introduces new food to her baby. (5)
24. Give FIVE hints to remember during a water crisis. (5)
25. Explain what you can expect to eat, if you order the following in a restaurant:
- 25.1 Haggis
- 25.2 fool
- 25.3 gazpacho
- 25.4 fondue
- 25.5 briyani (5x2) (10)
26. State FOUR characteristics of planning and serving a brunch menu. (4)
27. How can the food habits and preferences of customers influence menu planning? (4)
28. State EIGHT factors to keep in mind when you choose the dishes for a menu. (8)
29. State 10 points to remember when you print a menu. (10)
30. Indicate at which stage the following items could be added to an infant's diet?
- 30.1 iron fortified cereals

- 30.2 pureed vegetables
- 30.3 protein food
- 30.4 toasted bread
- 30.5 whole egg (5)
31. State FIVE hints to remember during a water crisis. (5)
32. Explain what is meant by a *selective* menu. (2)
33. Catering establishments have to review their menus periodically. State and discuss the factors which have to be considered when compiling new menus. (8x2) (16)
34. Write a meal plan for lunch for a four-year old child. (4)
35. Compile a FIVE-course dinner menu selecting items from the list given below. The menu must be written out correctly. Also include TWO accompaniments with the main course. (no choices within courses to be given)
- A. Lamb chop grilled
- B. Pavlova
- C. Cock-a-leekie
- D. Lyonnaise potato
- E. Espinards en branches
- F. Homard Newburg
- G. Boned and roasted sirloin of beef
- I. Mushroom, zucchini and brinjal strudel
- J. Peach Melba Sundae (14)
36. Answer the following questions relating to the above-mentioned menu items (A –J).
- 36.1 Give the classical menu term for item A.
- 36.2 What is a pavlova?
- 36.3 What are the TWO main ingredients of Cock-a-leekie?
- 36.4 Is Item C traditionally served hot or cold?
- 36.5 Describe this style of potatoes (item D).
- 36.6 Give another word for zucchini.

- 36.7 What is the basic ingredient of the sauce in item F?
- 36.8 Name the TWO traditional accompaniments served with item G.
- 36.9 Bruschetta is similar to ...
- 36.10 With which country do we associate 'strudel'?
- 36.11 What ingredient is used to make 'melba sauce'?
- 36.12 From which country does item C originate?
37. Explain how you would treat meat in the refrigerator during a long power failure. (5)
38. How long can the following food items be stored in your cupboard:
- 38.1 pre-cooked breakfast cereal
- 38.2 tinned fish
39. Write a table d' hôte menu in the proper format and sequence consisting of the following English breakfast dishes:

Earl Grey tea; kidneys; fig jam; guava compote; oats porridge; eggs Benedict; French toast; fried kippers

(10)

40. How does a table d'hôte menu differ from an à la carte menu? Tabulate the differences as follows:

à la carte	Table d'hôte
1.	1.
2.	2.
3.	3.
	4.
	5.

(8)

41. Indicate the difference between a dinner menu and a supper menu. (4)
42. How will the following factors affect menu planning:
- 42.1 location of the establishment
- 42.2 spending power of customers
- 42.3 supplies and storage

- 42.4 seat turnover (4x2) (8)
43. There are several factors to keep in mind when planning a menu for the elderly.
List FIVE possible problems and explain how they could be solved. (10)
44. Define the term MENU. (3)
45. What production factors should you take into account when you plan the menu? (7)
46. Write down the order in which you will plan the dishes for a cycle menu. (7)
47. How will you write out a table d' hôte menu? (10)
48. Which three factors determine the length of a cycle menu? (3)
49. The local nursery asked you to advise the mothers of the toddlers (1 – 3 years old) on sensible eating habits for their children. What advice will you give them? (12)
50. When compiling nutritionally well-balanced meals for live-in clientele in various institutions:
- 50.1 What are the major factors to consider when compiling these menus? (7)
- 50.2 Give THREE examples of institutions which fall in this category. (3)
51. An a la carte menu can have up to 16 courses. Categorise the following dishes under the correct course:
- 51.1 Roasted chicken
- 51.2 Broccoli salad
- 51.3 Mayonnaise d' homard
- 51.4 Consomme
- 51.5 Sole Veronique
- 51.6 Peche melba
- 51.7 Oysters (7)
52. Develop a three-course menu for an old age home for Christmas. The menu must be written in the correct format. The choice of food must consider the elderly. (6x2) (12)
53. Recommend FOUR hot meat items that could be included on an English breakfast menu. (4)
54. Distinguish between *pickles* and *chutney*. (2)
55. Name and explain THREE crucial factors regarding the choice of food during an evacuation. (6)

56. Identify FIVE factors affecting the choice of dishes for a menu.

(5)