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GRADE 12 2022

Hospitality studies

NUTRITION & MENU PLANNING
SELF STUDY GUIDE
BOOKLET 1

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basic education
Department: Basic Education
REPUBLIC OF SOUTH AFRICA

Second Chance Matric Support Programme

2030 NDP

NATIONAL EDUCATION COLLABORATION TRUST

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WOZA MATRICS 2022 CATCH UP

STAY SAFE PROTECT SOUTH AFRICA

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1. Introduction

The declaration of COVID-19 as a global pandemic by the World Health Organisation in 2020, led to the disruption of effective teaching and learning in all schools across South Africa.

Many learners, across all grades, spent less time in class due to the phased-in reopening of schools, as well as rotational attendance and alternative timetables that were implemented across provinces, to comply with social distancing rules. This led to severe teaching and learning time losses. Consequently, the majority of schools were not able to complete all the relevant content prescribed in Grade 10-12 in accordance with the Curriculum and Assessment Policy Statement.

In order to mitigate and intervene against the negative impact of COVID-19, as part of the Recovery Learning Plan for Grades 10-12, the Department of Basic Education (DBE) worked in collaboration with Subject Specialists from various Provincial Education Departments (PEDs) to develop this Self-Study Guide for learners in Grade 12.

The content in this study guide is critical towards laying a strong foundation to improve your performance in this subject.

The main aims of this study guide is to:

- *Assist learners to improve their performance, by revising and consolidating their understanding of the topic;*
- *Close existing content gaps in this topic; and*
- *Improve and strengthen understanding of the content prescribed for this topic.*

This study-guide is meant as a self-study guide for learners and therefore should be used as a revision resource to consolidate learning at the end of a particular topic taught in class.

Learners are encouraged to complete the exercises and activities to test their understanding and to expose themselves to high quality assessment.

This study guide can also be used by study groups and peer learning groups, to prepare for the final NSC examination in this subject.

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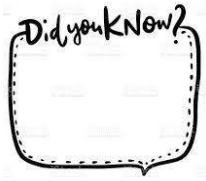
2. How to use this book

	Key concepts This icon will draw your attention to the key concepts we are using in this study guide
	Notes/ Summaries This icon will draw your attention to the notes & summaries which you need to study
	Activities This icon refers to the activities that you must complete to test your understanding of the content you studied.
	**Tips** This icon refers to tips we are sharing with you to better understand the content or activities
	Marking Guidelines This icon refers to the section with possible answers for the activities and how best to have answered the activities.
	Exam practise questions This icon refers to questions from past examination papers you can additionally use to prepare for the topic.

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3. TOPIC: NUTRITION AND MENU PLANNING

Principles of menu planning

3.1 NOTES/SUMMARIES/KEY CONCEPTS

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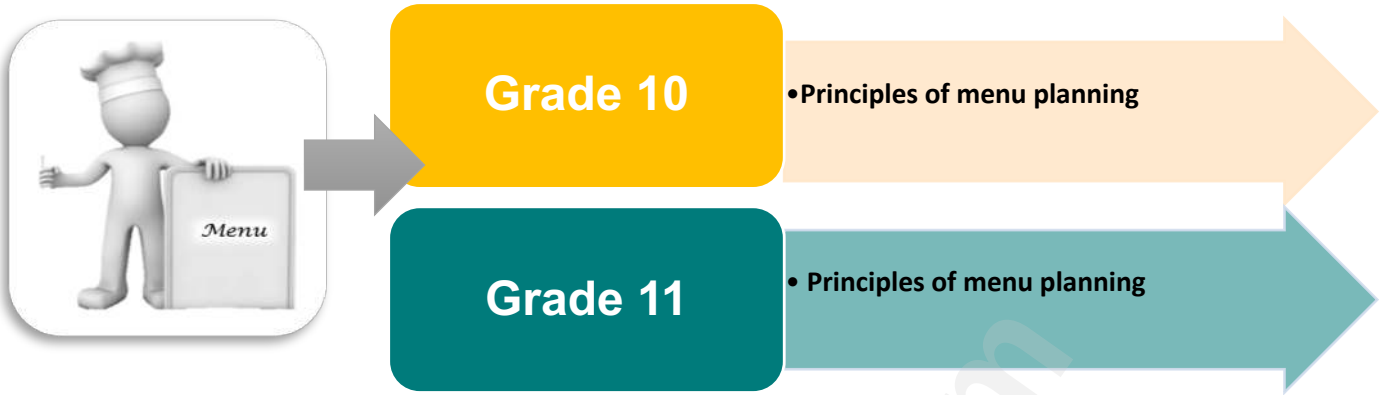

Menu Planning

Principles of menu planning

Choice of food | **Type of customers** | **Management**

TERMINOLOGY		
Menu	**Customer**	**Food**

PRINCIPLES OF MENU PLANNING:

1. TYPES OF FOOD

- Variation of flavours e.g.
  Strong
  Sweet
- Variation of temperatures e.g.
  Warm
  Cold
- Variation of textures e.g.
  Soft
  Crisp
- Variation of shapes e.g.
  Round meatballs
  Julienne carrots
- Nutritional balance:
  Proteins
  Carbohydrates
  Vitamins/Minerals
  Fats/Oils
- Variation of cooking methods e.g.
  Baked
  Fried
  Steamed
  Boiled, etc.
- Variation of colors e.g.
  Green beans
  Glazed carrots
- Variation of ingredients e.g.
  Don't repeat ingredients
  Not too many starchy items
  Not too many rich / oily foods

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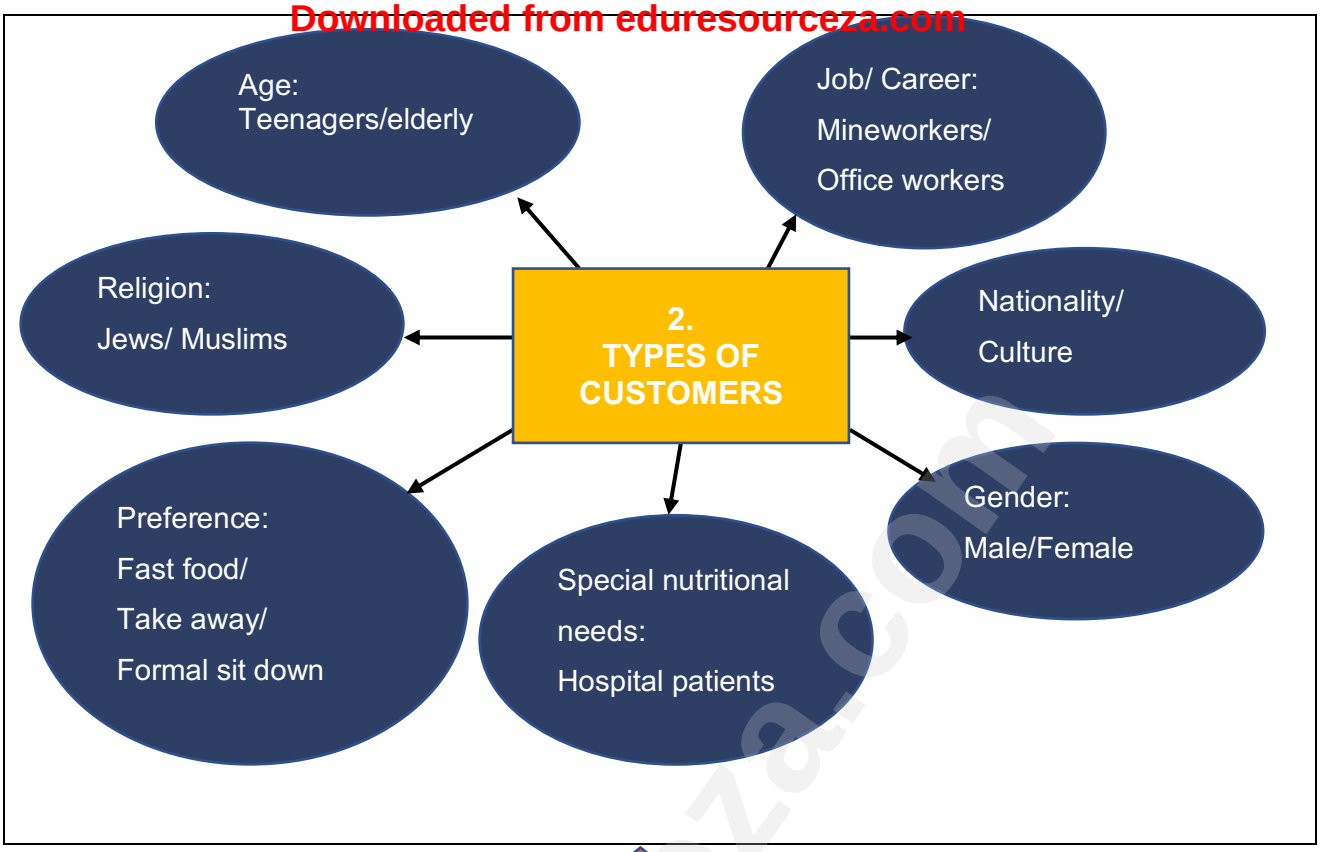

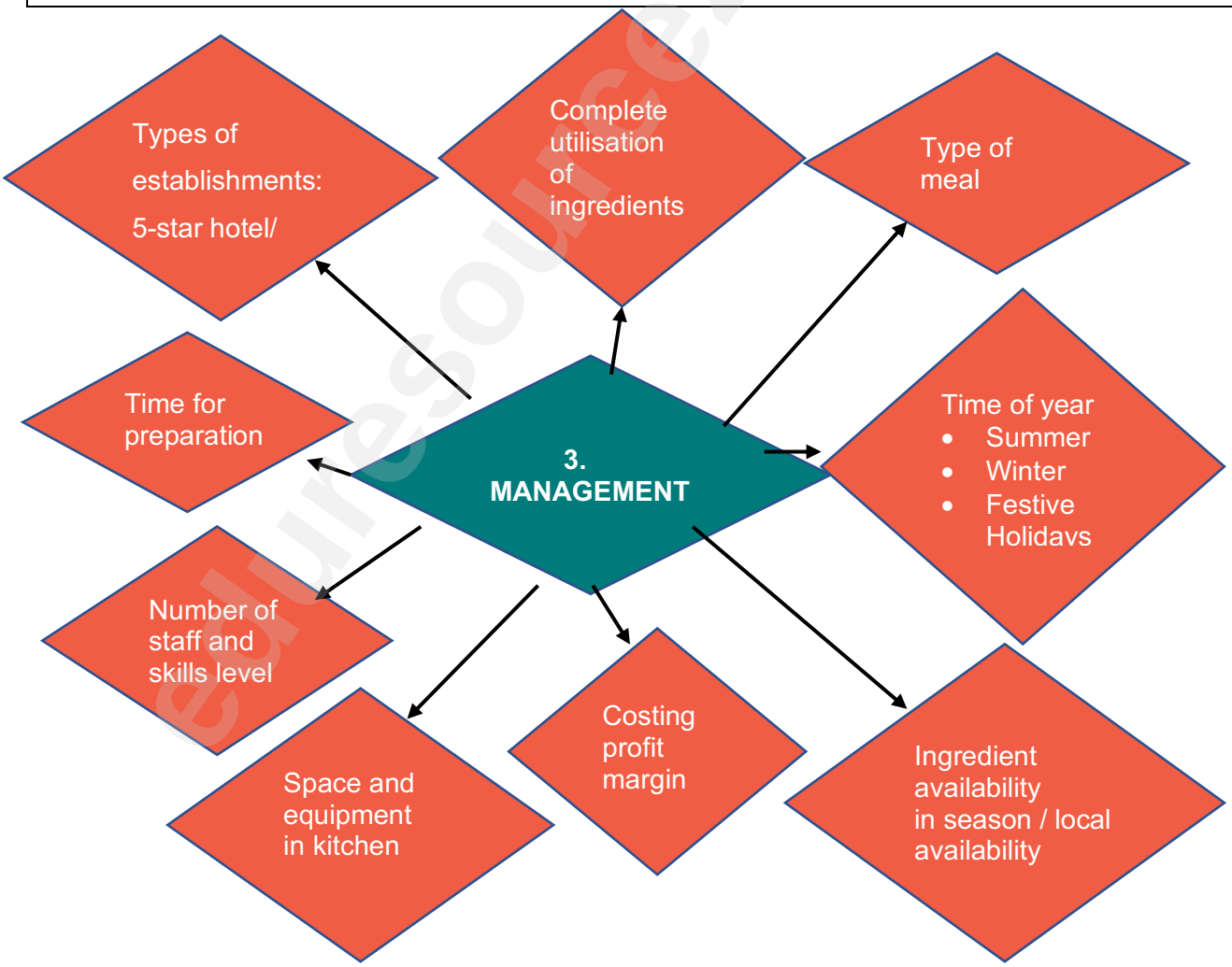

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GRADE 10 – 12: Planning and writing of the menu

3.1 NOTES/SUMMARIES/KEY CONCEPTS

Grade 10 •Planning and writing of the menu

Grade 11 •Planning and writing of the menu

Grade 12 •Planning and writing of the menu

Planning and writing of menu's for:		
Formal dinners and banquets (4 course meals)	Cocktail functions and finger lunches	Three-course menu using traditional South African dishes

TERMINOLOGY		
Friandise	**Pax**	**Menu planning**
Course	**Á la Carte**	**Sorbet**
Hors d' oeuvres	**Á la Carte Menu**	**Dessert**
Dishes	**Accompaniment**	**Banquet**
Entrées	**Friandise**	**Cocktail function**
Relevés	**Starter**	**Amuse bouche**
Cocktail dinatoire	**Main course**	**Garnishing**

Types of menus:

Á LA CARTE	TABLE D' HÔTE
• Dishes prepared as per order – variety of dishes to choose from • Food cooked once ordered • Dishes are priced individually • No definite number of courses	• Set menu – little or no choice of dishes • Food is prepared ahead of time • Set price for the set menu • Set number of courses

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SIMILARITIES BETWEEN A FORMAL DINNER AND BANQUET
• Both are formal • Perfect timing of serving must be followed • Planned for special occasion or ceremony • Guests dress elegant • More expensive than casual dinners • Menu, decoration, and theme is done as per the customer needs

DIFFERENCE BETWEEN A FORMAL DINNER AND A BANQUET	
FORMAL DINNER	**BANQUET**
• Less guests • Takes place in the evening • Speeches may be part of the programme	• More than 50 guests • Menu suitable for any time of the day • Hosted to honour a person or event

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Correct writing out of the menu:

MENU

DINNER

Starter

Creamy Mussel Soup with Croutons

Palate cleanser

Apple Sorbet

Main course

Oven Roasted Leg of Lamb

Mornay Sauce

Minted Rice Timbales

Pumpkin **F**ritters with **C**aramel **S**auce

Green Salad

Dessert

Milk Tart

Coffee / Tea

04 July 2023

Write the word '**MENU' on top**. (C)=capital letters (UC) = Upper case), bold(B), centre

Write the type of meal. ((UC), (B), (C))

List courses in serving order: starter, main course and dessert, coffee/tea

Indicate courses: Headings and underline/ dots; capital letters or small letters

Capital letters: first letter of the word

List main course dishes: protein dish with biggest 'weighting'/ main attraction on the plate first, then other protein, followed by side dishes: starch, then vegetables, salad last

NB! – Frame, and correct spelling of dishes

List beverages at the end

Date at bottom/top: write month in full

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GRADE 11 and 12: The significance of the South African cultural uniqueness

3.1 NOTES/SUMMARIES/KEY CONCEPTS

Grade 11

- Providing food for different cultural needs in the South African Hospitality Industry (including Halaal, Kosher, Hindu)

Grade 12

- Providing food for different cultural needs in the South African Hospitality Industry (including Halaal, Kosher, Hindu)

Providing foods for different cultural needs		
Kosher	**Halaal**	**Hindu**

TERMINOLOGY		
Vegetarian	**Kosher**	**Parev**
Milchik	**Halaal**	**Haram**

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Comparison of dietary preferences of different cultures

	JUDAISM(JEWS)	ISLAM (MUSLIMS)	HINDU
Symbol	**Kosher**	**Halaal**	
Meat	No pork or pork products No beef / lamb hindquarter Must be slaughtered by a shocket: all blood drained Kosher process	No pork / pork products Only eat meat if slaughtered in correct way by a Muslim slaughterer: Halaal	Cows are holy: forbidden Mostly vegetarians - don't want to inflict pain on animals Some eat chicken
Fish and seafood	No shellfish or snails Only fish with fins and scales	✅ Allowed	Fish sometimes allowed
Milk and Milk products	Not allowed to be eaten with meat. May only be consumed 6 hours after meat was eaten	✅ Allowed	✅ Allowed

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Fruit and vegetables	Permitted Neutral food (Parev) May be eaten with milk and / or meat	No tinned vegetables with emulsifiers or frozen vegetables with a sauce	✅ Allowed
Alcohol	✅ May be consumed	No alcohol No alcohol-based vanilla 	Not forbidden, but most do not use alcohol
Bread	✅ Allowed	Not allowed: yeast 	✅ Allowed

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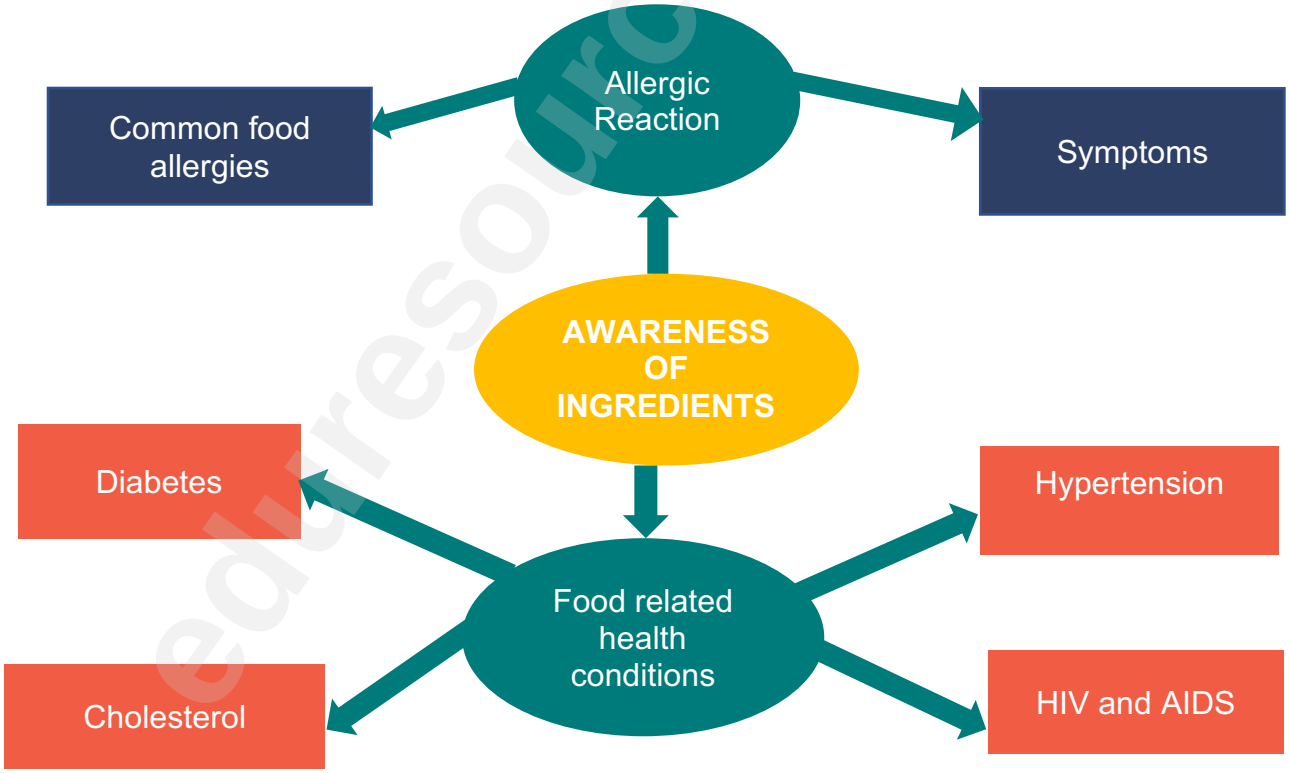
GRADE 12: Awareness of ingredients that causes allergies

3.1 NOTES/SUMMARIES/KEY CONCEPTS

Grade 12

- Awareness of ingredients that causes allergic reactions, or are a health risk for e.g. diabetics to be able to inform guest



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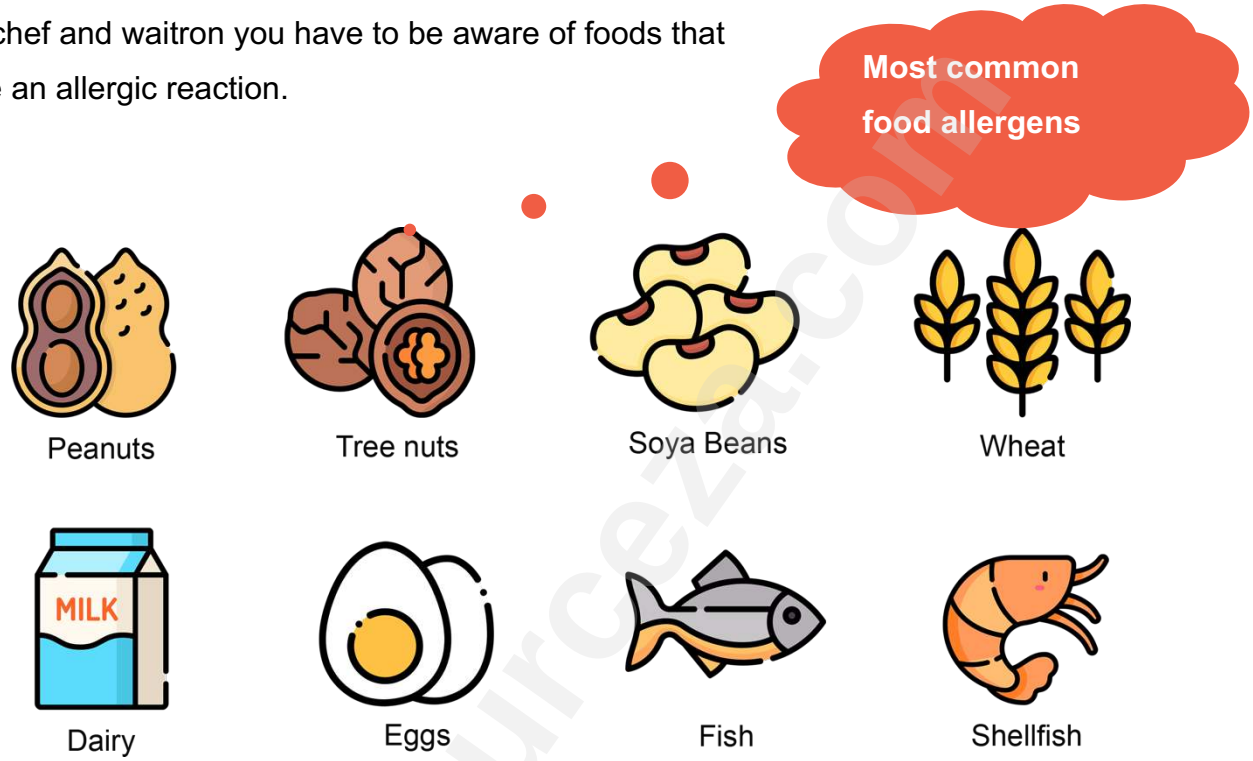
TERMINOLOGY		
Food allergies	**Gluten intolerance**	**Gluten**
Food intolerance	**Nutritionally balanced diet**	**Allergen**
Cholesterol	**Eczema**	**Atherosclerosis**

AWARENESS OF INGREDIENTS THAT CAUSES ALLERGIC REACTIONS

As a chef and waitron you have to be aware of foods that cause an allergic reaction.



The difference between food allergies and food intolerance

- **Food allergies** is when some people experience bad reactions when they eat certain food.
- **Food intolerance** is experienced when a person's body does not have the enzymes to digest a certain food. It causes discomfort in the digestive system, respiratory system or on the skin.

Before guests place an order, it is important for them to establish if there is anything in the food that they may be allergic to. A list of allergens could be indicated on the menu.

Guests may show some of the following symptoms:

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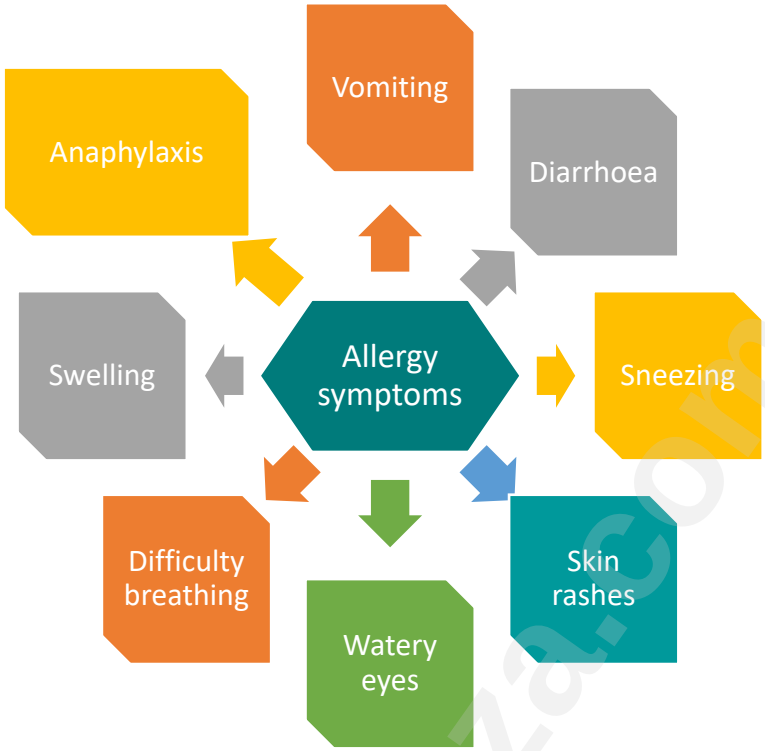

OTHER FOOD RELATED HEALTH CONDITIONS THAT INFLUENCE MENU PLANNING

Food related health conditions: Dietary guidelines to follow

Diabetes	•Avoid refined starch, sugar, saturated fat, processed meat
Cholesterol	•Avoid refined starch, sugar, saturated fat, processed meat and alchohol
Hypertention (High blood pressure)	•Avoid or limit salt, processed food and preserved food
HIV/Aids	•Eat a healthy diet, eat variety of food and avoid food that can make the symptoms of HIV/Aids worse

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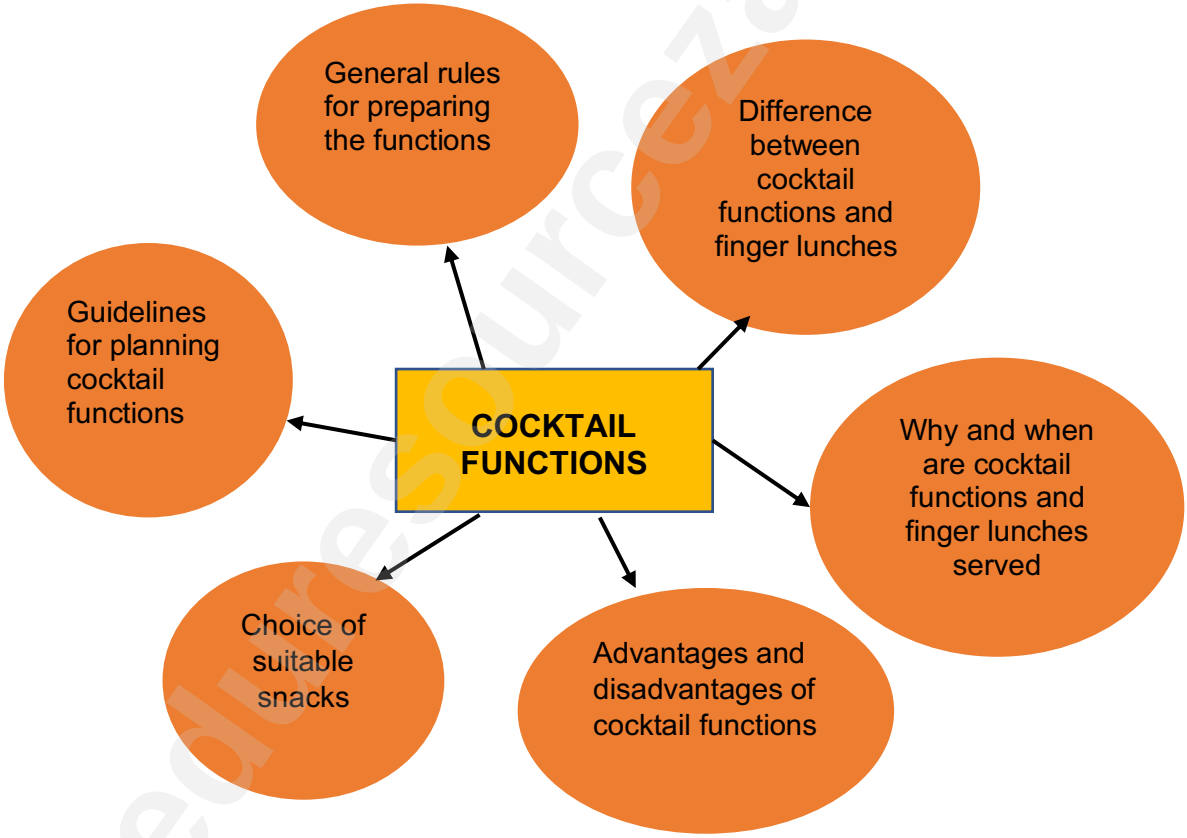
3.1 NOTES/SUMMARIES/KEY CONCEPTS

Grade 12

- Why and when cocktail functions and finger lunches are served
- Advantages and disadvantages of cocktail functions and finger lunches



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TERMINOLOGY		
Cocktail function/party	**Rosti**	**Rissoles**
Finger food	**Quiche**	**Banquet**
Ramekin	**Terrine**	**Sushi**

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COCKTAIL FUNCTIONS AND FINGER LUNCHES

COCKTAIL FUNCTIONS VS FINGER LUNCHES	WHY AND WHEN	ADVANTAGES	DISADVANTAGES
• Cocktail functions are semi-formal or formal parties serving bite-size snacks	• Entertaining large groups of people for various occasions • Cocktail functions are served from late afternoon to late evening	• No utensils needed to eat food • A variety of food that can be eaten easily • It is cheaper when well planned e.g., plant vs animal protein • Less space is needed • Wide variety of styles and flavours can be served creatively • Easy to incorporate different cultural foods • Less serving staff is needed	• Food requires a lot of preparation • Some guests will not be comfortable eating with their fingers • Standing for too long might be a problem for some guests
• Finger lunch offers food that can be eaten by hand or using a single cutlery	• Finger lunch is a good way to serve lunch to a large group of people • Served during lunch between 12:00 and 14:00		

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PURPOSE OF FUNCTION

- Media briefings
- Fundraising
- Business networking
- Prize giving
- Celebrations
- Socialization

TYPES OF SNACKS

- Hot hors d' oeuvres
- Cold hors d' oeuvres
- Combination of hot and cold

Number of snacks depend on:

1. Type of function
2. Duration
3. Variety of food
4. Number of guests
5. Time of the function

ACCOMPANIMENTS

Dip

Sauce

Salsa

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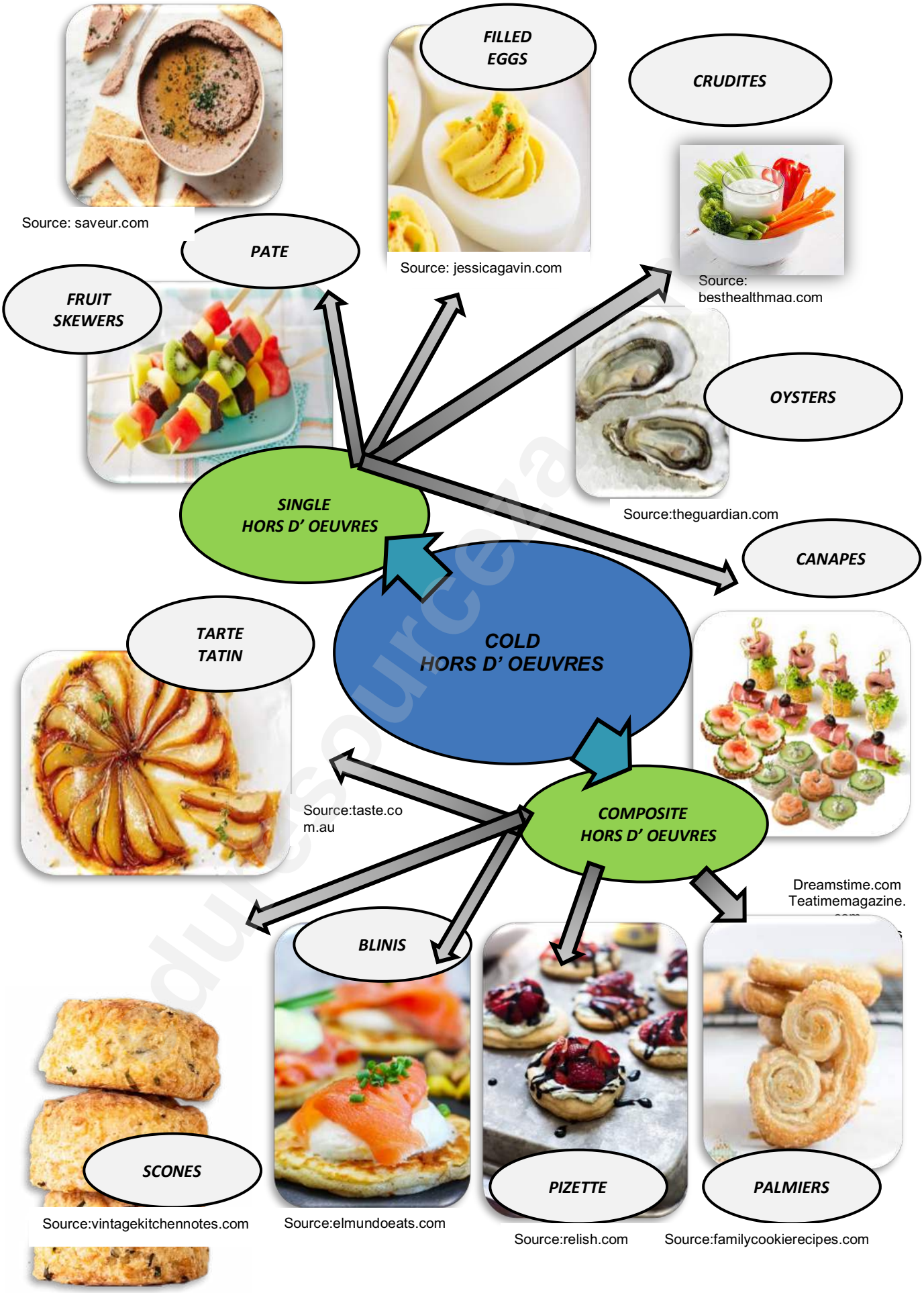

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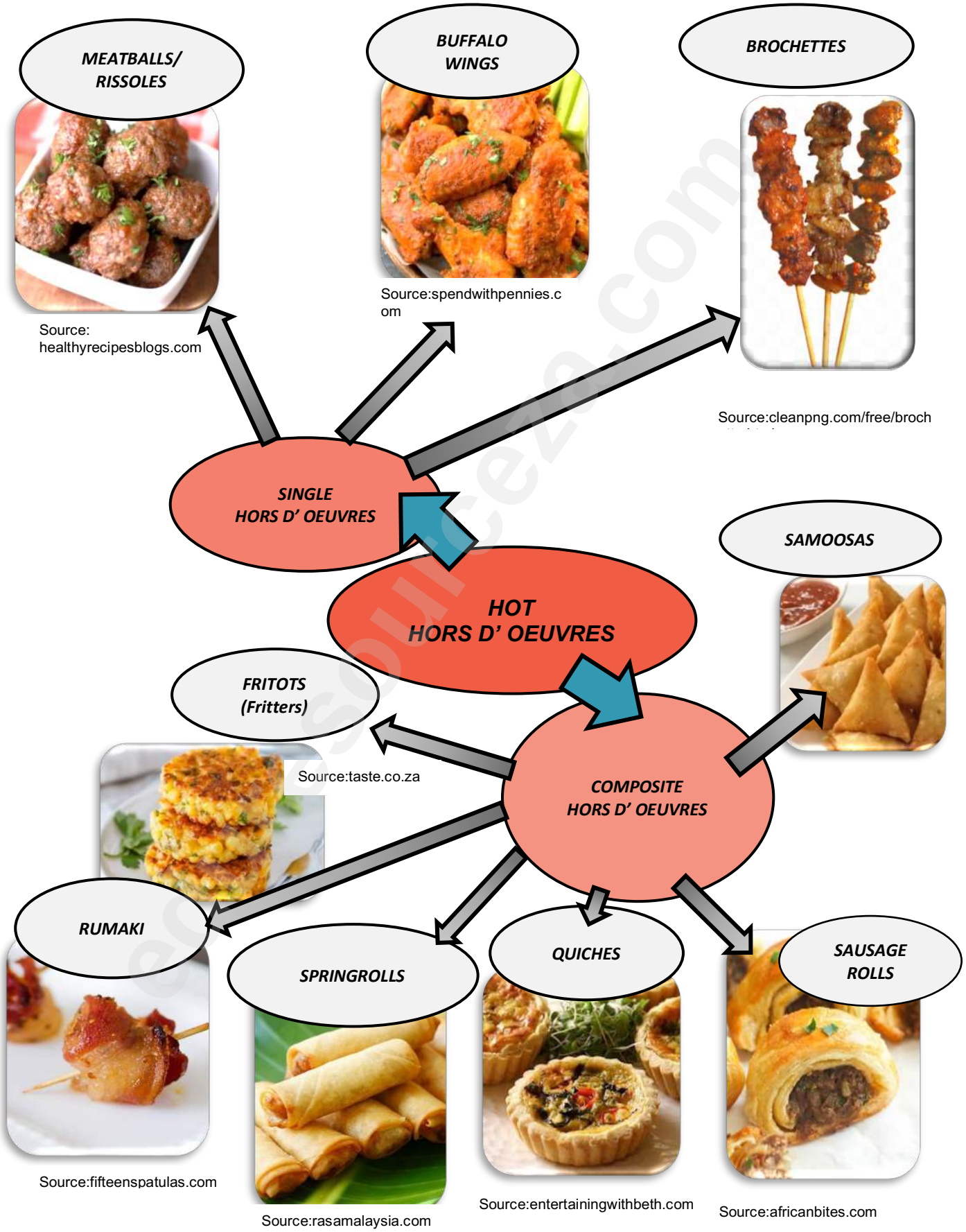
NOTE: Description of the dishes in the glossary on p. 62



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NOTE: Description of the dishes in the glossary on p. 62

NUMBER OF SNACKS

TYPE OF PARTY / GUEST LIST	NUMBER OF SNACKS TO BE SERVED PER PERSON
Before 3 or 4 course dinner	2 – 3 pieces per person
1 – 4 hour cocktail party	3 – 5 pieces per hour per person
Fewer than 45 guests	3 – 8 different types of hors d'oeuvres
More than 45 guests	8 – 10 different types of hors d'oeuvres

STANDARD FORMULA for determining how many snacks from a recipe:

Number of pieces per person x number of people

Number of hors d'oeuvres per recipe

OTHER FACTS:

- Nibbles such as chips & peanuts do not count as a snack.
- Guests eat more in the first 90 minutes, and then again two hours into the party.
- Older guests eat less than younger ones.
- More people require a larger number of bites.
- Guests tend to eat more at casual parties than formal functions.

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GENERAL RULES FOR PREPARATION, PRESENTATION AND SERVING OF FOOD AND DRINKS		
PREPARATION	**PRESENTATION**	**SERVING TIPS FOR FOOD AND DRINKS**
1. Prepared under hygienic conditions 2. Bite-size 3. Visually attractive 4. Tasty and well-seasoned 5. Variety of flavours 6. High quality ingredients 7. No sticky items or that are difficult to pick up	1. Do not put too much on a platter 2. Place them neatly and well-spaced in diagonal rows 3. Variety of colour, taste and texture 4. Provide toothpicks and serviettes	1. Use clean trays 2. A variety of serving items could be used, e.g., shot glasses, small cups, bamboo boats, etc. 3. Keep a container for used toothpicks 4. The number of glasses should be double the number of guests 5. Provide good selection of non-alcoholic drinks 6. Provide plenty of ice

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Grade 10-12: Costing

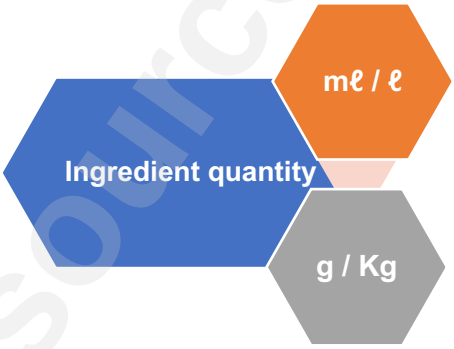
3.1 NOTES/SUMMARIES/KEY CONCEPTS

Grade 10
- Conversion

Grade 11
- Cost of ingredients
- Cost of a recipe
- Cost of a portion

Grade 12
- Calculate selling prices
- Drawing up a quotation

GRADE 10



TERMINOLOGY		
Mass	**Volume**	**Conversion**

CONVERSIONS:

- An extract from a conversion list is given underneath the glossary and will always be provided.
- The quantity required in the recipe must be in the same unit as the quantity purchased, e.g. cake flour is purchased in grams but if the recipe requires it in mℓ a conversion is needed.

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? ml used in recipe	**X**	**g (on conversion table)**
250 mℓ		**1**

Example: Conversion of Cake flour: $\frac{250\ m\ell}{250\ m\ell} \times \frac{120g}{1} = 120\ g$

Note: This will always be 250 mℓ as the conversion table indicates the weight of 250 mℓ of the ingredient

Round grams off to the nearest 1

- The mass and volume of liquids (e.g. milk and water, but NOT oil) and margarine are the same:
  it does not need a conversion.

250 mℓ in volume **is not the same** **in weight: it is only 120g**

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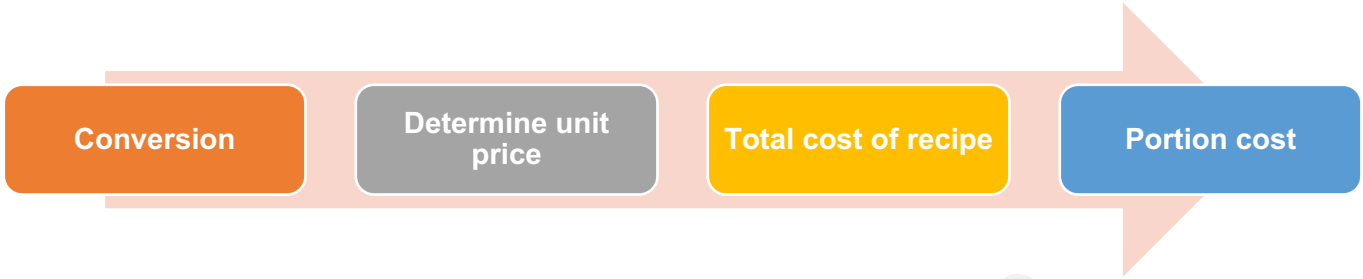
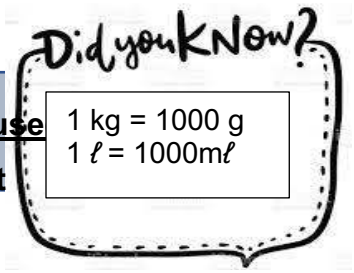
GRADE 11



TERMINOLOGY		
Food cost	**Recipe**	**Fixed cost**
Labour cost	**Overhead cost**	**Variable cost**
Recipe cost	**Unit price**	**Purchase unit**
Portion Cost	**Yield**	**Purchase price**

Formulae that you must know:



Unit price of ingredient = Purchase price x Number of units used / Purchase unit

Example: Unit price of Cake flour = R 28,99 x 120g / 2500g = R 1,39

Recipe cost = Unit price of ingredient 1 + ingredient 2 + ingredient 3 etc.

Example: Recipe cost of scones = unit price of cake flour + baking powder + eggs + milk etc.

Price per portion = Recipe cost ÷ number of portions yielded by recipe

Example: Price per portion of scones = R 12,00 for recipe ÷ 6 scones = R 2,00 each

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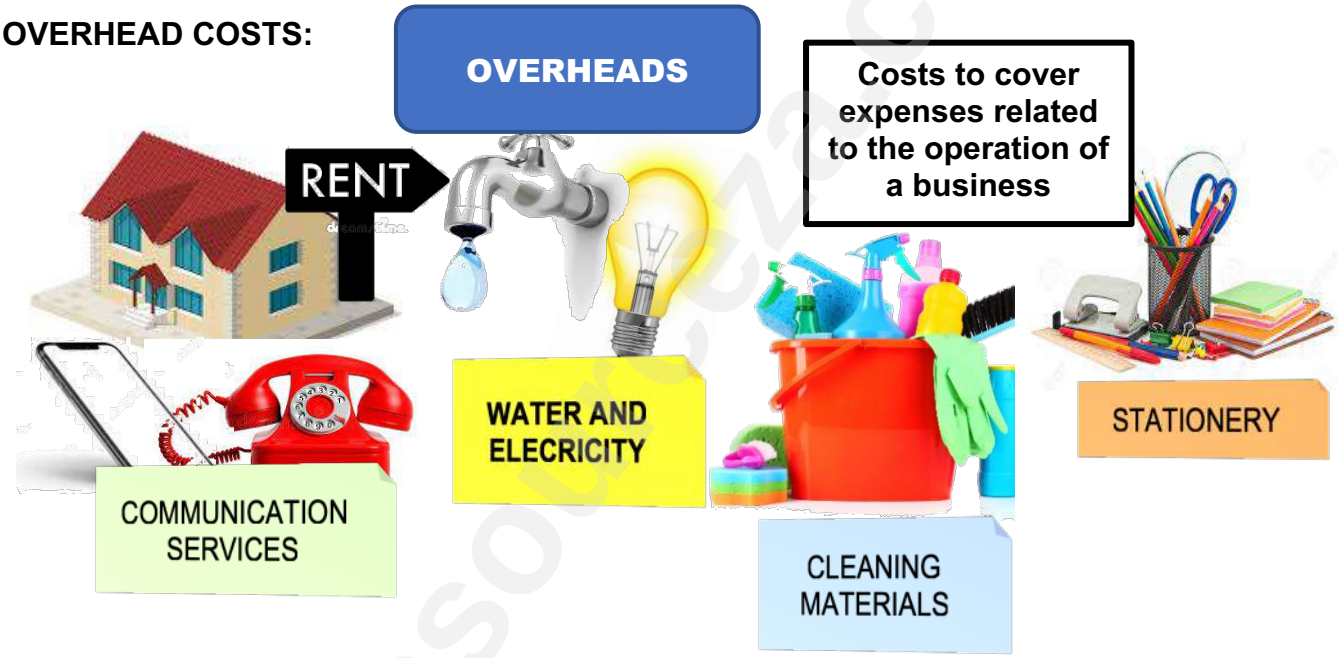
Selling price =

Food cost + Labour cost + Overhead cost + Profit

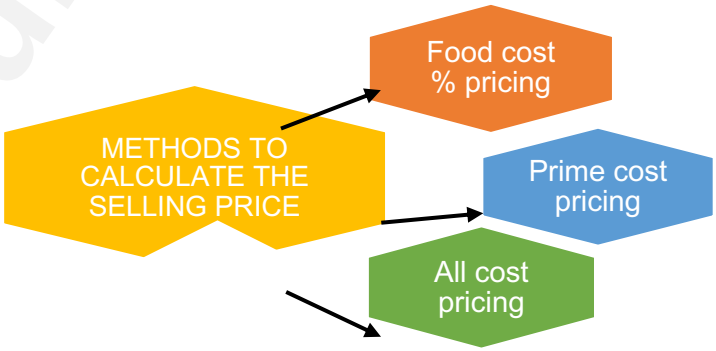
TERMINOLOGY		
Gross Profit	**Nett profit**	**Value for money**
Food cost % pricing	**Prime cost pricing**	**All cost pricing**

OVERHEAD COSTS:



SELLING PRICE:

Calculating the selling price can be done using one of three methods:



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Calculation of selling price explained:

- **All cost method:**

  All actual costs are added to determine the selling price

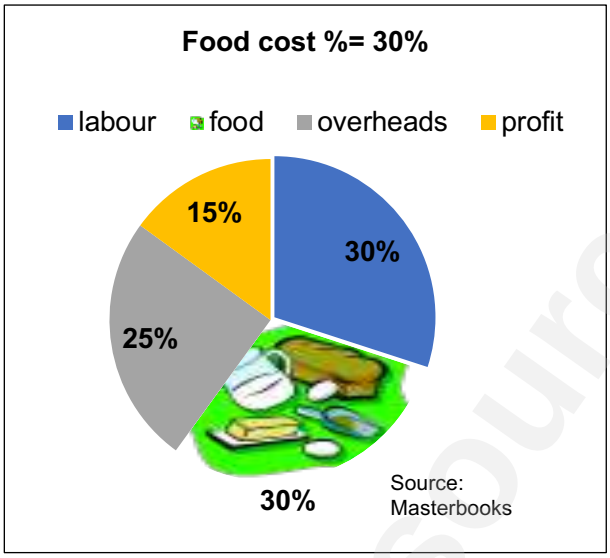
  A business should calculate all costs carefully, and then:

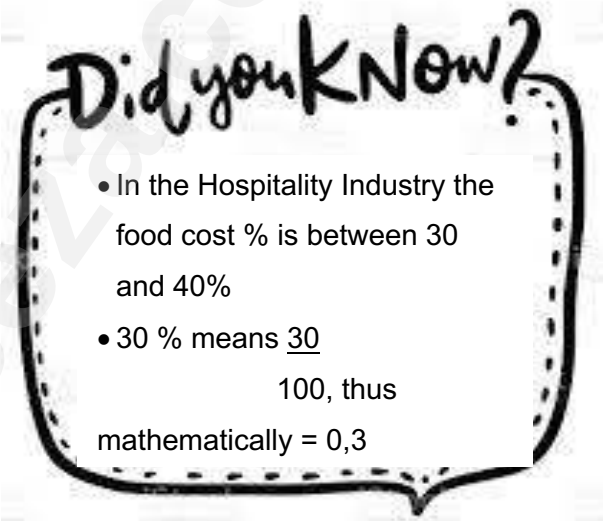
Selling price = Food cost + Labour cost + Overheads + Profit

- **Prime cost pricing:**

Selling price = Food cost + Labour cost + Desired prime cost % to cover overheads and profit

- **Food cost % method:**





- Calculate the cost of the food of each item on the menu and mark up the final amount to obtain the selling price. The food cost equals that % of the selling price.

Selling price = Food cost ÷ Food cost %

Example: Total food cost is R 7 500 with a food cost % of 30 %

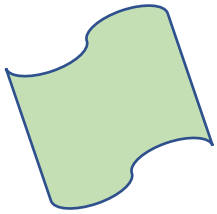
Calculation: Selling price = Food cost ÷ Food cost %

= R 7 500 ÷ 30% = R 7 500 ÷ 0,3 = R 25 000,00

PROFIT:

Profit is the money made after the costs have been deducted.

Gross Profit = Selling price – Food cost



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- Example: A company catered for a function. The total selling price was R 25 000, and the food cost R 7 000.

  Calculation: Gross Profit = Selling price – Food cost

  = R 25 000 - R 7 000 = R 18 000,00

- **Nett Profit = Selling price – Total cost**

  Example: The company catered for a function. The selling price was R 25 000, food cost was R 7000, labour cost was R 3 000, and the overhead costs was R 2 800.

  Calculation: Nett Profit = Selling price – Total cost

  = R 25 000 – (R 7 000 + R 3 000 + R 2 800)

  = R 25 000 - R 12 800 = R 12 200,00

DRAWING UP OF QUOTATIONS

QUOTATIONS INCLUDE DETAILS OF:

The company
performing the catering
(on company form)
Contact details

Client:
Name
Contact details

Function:
Date
Time
Dietary requirements
Type of function
Type of menu
Number of guests
Venue

Additional charges,
e.g. beverages,
table decorations,
hiring of equipment e.g. sound, chair covers, etc.

Final price and payment terms

Special **requests** e.g. food allergies

Example of a quotation form:

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Catering Event Details & Quote Sheet

Sponsoring Organization/Group: _____

Contact Name: _____ Phone #: _____ E-Mail: _____

Date of Event: _____ Name of Event: _____

Event Location: _____ Estimated Attendee Count: _____

Event Timing:

Set-Up Time: _____ Guest Arrival Time: _____

Guest Departure Time: _____ Food Delivery Time: _____

Food Service Time – Start: _____ End: _____

Other Timing Details: _____

Menu Details	Price
Menu Total (Indicate if per person or per event)	
Set-Up & Service Fee	
Delivery Fee	
Equipment Rental Fee	
Other Charge/Fees	
Non-Menu Charge Total	
The total must include all fees and charges for the Event. Event Total	

The caterer understands that the general terms and conditions for services are outlined and explained in the Outside Vendor Catering Agreement which the caterer has previously executed with UA. By signing this quote sheet, the caterer confirms compliance with the requirements outlined in the Outside Vendor Catering Agreement. This quote sheet establishes the total charge for the event. **The caterer agrees that UA shall have no liability for price adjustments, add-on charges, or price alterations to the event total above unless agreed to in advance in writing by UA.** The caterer agrees that all fees and charges have been fully disclosed above. No adjustments are allowed unless there is a change of more than 10% in the number of attendees or the menu is altered at the written request of UA. In the event an item planned for the menu is unavailable due to circumstances outside of the control of the caterer, the caterer and UA shall agree upon a reasonable substitution.

Caterer Business Name: _____ Caterer Rep. Name: _____

Caterer Representative Signature: _____ Date: __/__/____

Source: https://www.template.net/business/catering-quotation-templates/

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NUTRITION AND MENU PLANNING

GRADE 10

ACTIVITY 1

1.1 Choose a food group from COLUMN B to match the picture in COLUMN A. Write only the symbol (A - E) next to the question number (1.1.1 – 1.1.4) in your WORKBOOK.

COLUMN A	**COLUMN B**
1.1.1 Source: clipart-library.com	A – Vegetables
1.1.2 Source:dreamstime.com	B – Fats, oil and sweets
1.1.3 Source:pinterest.com	C - Milk and dairy products

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1.1.4 Source: Shutterstock.com	D - Cereal and starch products	(4)
	E - Meat and meat alternatives	
	F - Fruit	

ACTIVITY 2

2.1 Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (2.1.1 – 2.1.6) in your WORKBOOK.

2.1.1 Substances found in food that performs a specific function in the body

2.1.2 A visual representation of how different foods and drinks contribute towards a healthy balanced diet

2.1.3 Individual priced dishes, guest choose own courses

2.1.4 A collective of foods that provide similar nutrients

2.1.5 A set menu at a fixed price for the whole meal

2.1.6 Late morning meal in between breakfast and lunch (6)

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GRADE 11

ACTIVITY 1

1.1 Name THREE basic principles to consider when planning a menu. (3)

1.2 List SIX principles of menu planning regarding the types of food. (6)

1.3 Study the menu below and answer the questions that follow. The menu is planned for the rewards function of a high school netball team.

MENU

FORMAL DINNER

Mushroom Soup

Roast Beef with Mushroom Sauce

Steamed Basmati

Rice

Cauliflower with White Sauce

1.3.1 Evaluate the menu on the principles of menu planning with regards to the food used in the menu. (4)

1.3.2 Make recommendations to improve the menu. (3)

1.3.3 Evaluate the suitability of the menu for the netball players. (2)

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ACTIVITY 1

1.1 Complete the table below by ticking off on the list which foods may be eaten by which religious group with a √ and foods that may not be eaten with a X:

Food	Judaism	Islam	Hinduism
Fried Bacon			
Tinned green beans			
Cheese			
Prawns			
Pancake flambé			
Chicken with white wine sauce			
Carrot salad			
Peanuts			
Lasagne			
Salad with Croutons			

(30)

ACTIVITY 2

2.1 Give ONE term for each of the following descriptions. Write only the term next to the question number (2.1.1- 2.1.3) in your WORKBOOK.

2.1.1 The disease caused by the failure to produce enough insulin (1)

2.1.2 A strict vegetarian that will not eat foods that come directly or indirectly from animals (1)

2.1.3 An unpleasant / bad reaction to a food ingredient (1)

2.2 Awareness of ingredients is vital when preparing food for guests that are suffering from allergies. List FOUR examples of food that may cause allergies. (4)

2.3 List any THREE possible symptoms of an allergic reaction. (3)

ACTIVITY 3

3.1 Arrange the following in the correct order that it should appear on a menu: (5)

Sorbet, fish, cheese, meat with vegetables, soup, dessert.

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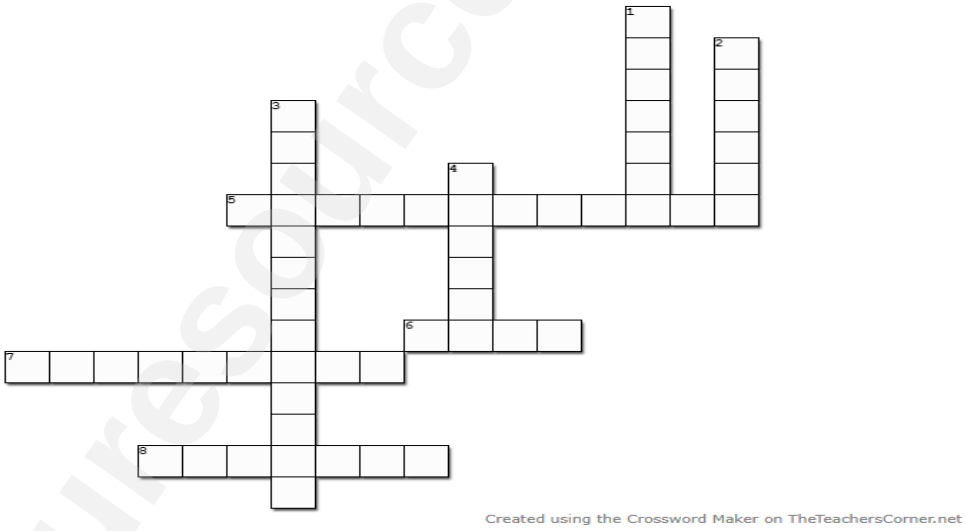
3.2 Differentiate between an A' la carte menu and a Table d' Hôte menu. Tabulate your answer. (8)

3.3 Complete the crossword puzzle using the clues below:

Across	**Down**
5. Small, savoury, bite-sized finger foods	1. It is the first course of the meal
6. A list of dishes available at food establishments	2. Food prepared in a specific style – can consist of one or more ingredient
7. A small, sweet bite served with coffee	3. Sauces to serve with the dish
8. Decorate a food to improve its appearance (or taste)	4. A group of foods served at the same Time - can consist of one or more dishes



(8)

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ACTIVITY 4

MATCHING ITEMS

4.1 Match the description in Column A to the Term in Column B. Write only the question number and the correct symbol, e.g., 4.1.6 A in your WORKBOOK

COLUMN A: DESCRIPTION		COLUMN B: TERM	
4.1.1	A severe allergic reaction that can be life threatening	A	Eczema
4.1.2	Biological molecules that help break down natural substances in food	B	Hypertension
4.1.3	A type of allergy that affects skin: it causes dryness, heaves and itching	C	Diabetes Mellitus
4.1.4	A disease caused by the body not being able to produce insulin	D	Anaphylactic shock
4.1.5	There is high pressure in the veins	E	Low blood pressure
		F	Emphysema
		G	Enzymes

(5)

4.2 Write a brief summary on how to cater for guests with the following health conditions:

4.2.1 Diabetes (3)

4.2.2 Cholesterol (2)

4.2.3 Hypertension (3)

4.3 Tise is four years old. He went to the restaurant with his parents. He was wearing the given allergy sign around his neck. On the menu he saw appetising pictures of chocolate eclairs, doughnuts, cupcakes, and biscuits. He told his mother that he would like to order some of them.

https://i.etsystati.com

4.3.1 Explain the term food allergies. (2)

4.3.2 Identify the ingredient that Tise is allergic to. (1)

4.3.3 Argue whether the chocolate eclairs would be a suitable choice for Tise to eat. (2)

4.3.4 Recommend to Tise's mother which products he could choose and motivate your answer. (2)

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ACTIVITY 5

5.1 Study the menu below and answer the questions that follow:

MENU

FORMAL DINNER

Starter

Prawn Cocktail

Main Course

Beef Wellington

Pumpkin Fritters

Pistachio Green Salad

Dessert

Bavarian Cream

Coffee

2 May 2023

5.1.1 Identify the dishes that will not be suitable for people suffering from the following health conditions:

a) High cholesterol

b) Seafood allergy

c) Lactose intolerance (3)

5.1.2 Evaluate the suitability of this menu for a person suffering from nut allergy. (2)

5.1.3 Recommend how the menu could be adapted to be suitable for a person with a nut allergy. (1)

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ACTIVITY 6

6.1 Study the information below and answer the questions that follow:

> You will be hosting a cocktail function to celebrate your 18th birthday. The event will start at 18:00 and the guests will be served a variety of finger foods as their dinner. Food will be served until 22:00, after which the dance floor will be opened. You are expecting 48 guests.

6.1.1 Discuss TWO advantages of a cocktail function. (2)

6.1.2 Determine the following:

a) The number of hors d'oeuvres you will need to serve per person. (1)

b) The number of different types of hors d'oeuvres you will have to serve. (1)

6.2 Discuss THREE criteria that should be considered when choosing foods for a cocktail function. (3)

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ACTIVITIES: COSTING

GRADE 10

Activity 1

1.1 Use a conversion table in metric measurements e.g., 250ml cake flour = 120g. Convert the following ingredients to grams:

1.1.1 250 ml Apricot jam (1)

1.1.2 500 ml Bran (2)

1.1.3 100 ml Mealie rice (2)

1.1.4 20 ml Salt (2)

1.1.5 250 ml Oil (1)

GRADE 11 AND 12

Activity 1

1.1 Complete the crossword on costing terminology:

Across:	**Down:**
3. Total cost + profit	1. Unit price of all ingredients added
6. Selling price – food cost	2. Number of portions produced by a recipe
7. The list of ingredients and method	4. Cost for staff wages and salaries
9. Actual price of amount of the ingredient	5. Quantity or size in which the ingredient is bought
10. The amount of the ingredient required	8. Food cost + labour cost + overhead cost
11. Cost to cover expenses related to operation	

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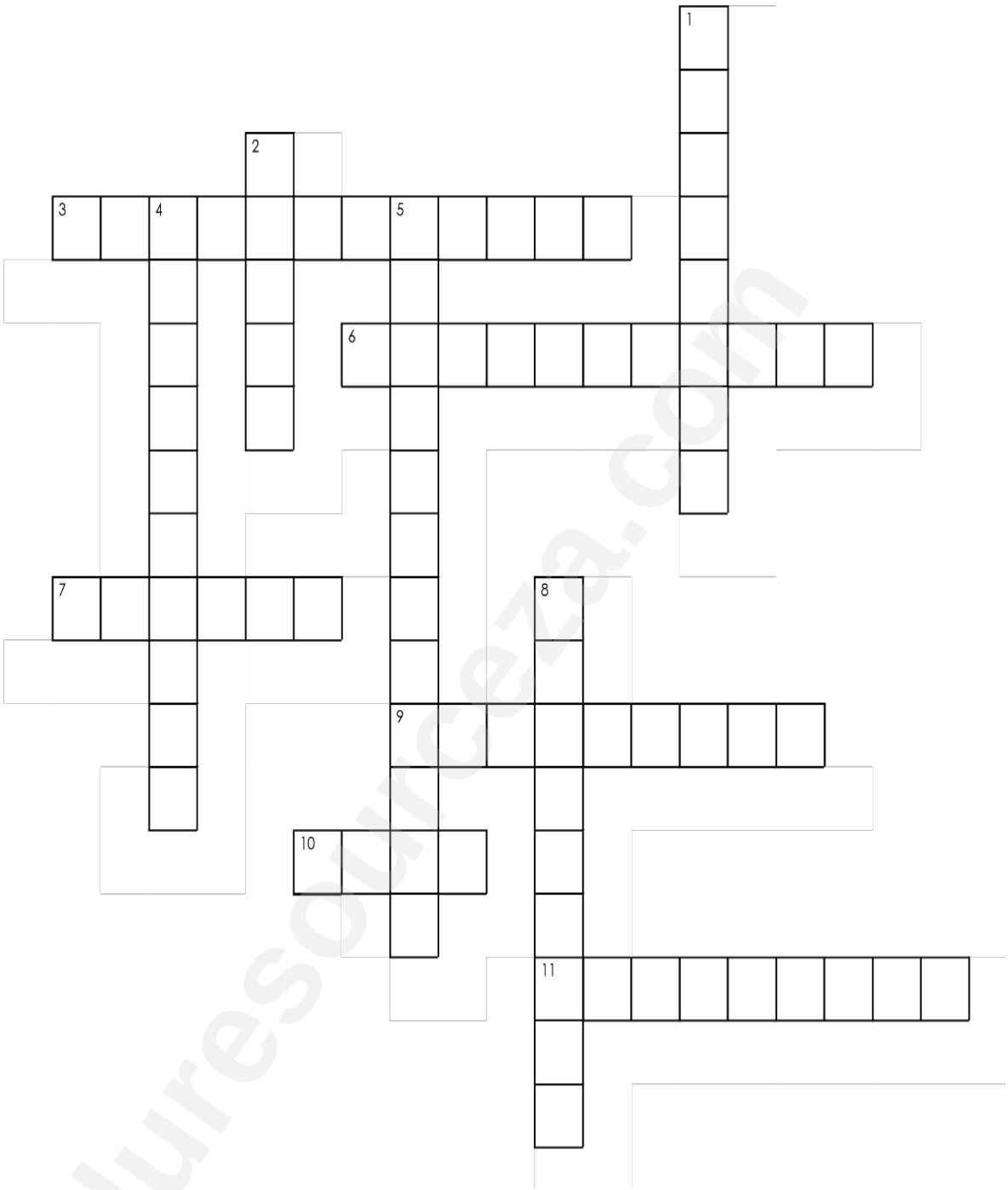

Activity 2

2.1 List the three costs that should be taken into consideration when the costing of a recipe is done. (3)

2.2 The total cost to prepare Chelsea buns is R31,50. Calculate the price of one bun if the recipe yields a dozen buns. (4)

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Activity 3

3.1.1 Complete the costing of the following recipe by completing the table as indicated:

Name of Dish: Custard slices

Portions: 18 slices

One serving: 1 slice

Conversion list: 250 ml =
Sugar = 200g; Icing sugar = 130g
Custard powder = 120g; Salt = 280g

INGREDIENTS	UNIT	PURCHASE UNIT	CONVERSION	PURCHASE PRICE	UNIT PRICE
Milk	750 ml	2 litre	-	R28,99	
Sugar	250ml	2,5 kg		R42,99	
Butter	50 g	500 g	-	R 59,99	
Eggs, large	3	Dozen	-	R25,00	
Custard powder	90 ml	500 g		R24,50	
Vanilla essence	5 ml	100 ml	-	R 20,00	
Salt	2ml	500g		R 10,45	
Cream crackers	1 packet	1 packet	-	R 24,00	
Icing sugar	750ml	500g		R28,99	
				Recipe cost:	
				Food cost per portion:	

(15)

3.1.2 The costs for the recipe above are as follows:

- Overhead cost: R 48,00
- Labour cost: R 25,00

Calculate:

a) The total cost for the recipe (3)

b) The total cost per portion (3)

c) The selling price of one portion if the food cost percentage is 35% (3)

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3.3 MARKING GUIDELINE FOR ACTIVITIES

NUTRITION AND MENU PLANNING

GRADE 10

ACTIVITY 1

1.1.1 C ✓

1.1.2 D ✓

1.1.3 E ✓

1.1.4 A ✓ (4)

ACTIVITY 2

2.1.1 Nutrients ✓

2.1.2 Food pyramid ✓

2.1.3 Á la carte ✓

2.1.4 Food group ✓

2.1.5 Table d' Hôte menu ✓

2.1.6 Brunch ✓ (6)

GRADE 11

ACTIVITY 1

1.1 Type of Food✓

Type of Customers✓

Management ✓ (3)

1.2 Variety of ingredients✓

Variety of textures✓

Variety of cooking methods✓

Variety of temperatures✓

Variety of flavours✓

Variety of colours✓

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Variety of shapes✓ (6)

(Any 6)

1.3

1.3.1 No contrast in colour/all white in appearance/white basmati rice, white cauliflower, white sauce, white potato salad✓ OR many brown colours: chocolate mousse, mushrooms, etc.

Too many sauces served in the main course/mushroom sauce, white sauce with cauliflower and potato salad with mayonnaise✓

Two starches served/poor nutritional value/basmati rice and potato salad✓

No variety of texture/ most foods soft in texture/mushroom sauce, steamed basmati rice, cauliflower and potato salad ✓ (4)

Repetition of ingredients from previous course: mushroom soup and mushroom sauce✓

1.3.2 Change starter or the dessert to a fruit dish✓ or give an alternative

Vary ingredients, colours, temperatures✓

Replace potato salad with a mixed garden salad✓ (3)

1.3.3 Not suitable ✓ (2)

Too rich for health conscious netball players ✓

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ACTIVITY 1

1.1 Complete the table below by ticking off on the list which foods may be eaten by which religious group with a √ and foods that may not be eaten with a X:

Food	Judaism	Islam	Hinduism
Fried Bacon	X	X	X
Tinned green beans	✓	X	✓
Cheese	✓	✓	✓
Prawns with chilli oil	X	✓	X
Pancake flambe	✓	X	X
Chicken with white wine sauce	✓	X	X
Carrot salad	✓	✓	✓
Peanuts	✓	✓	✓
Lasagne	X	✓	X
Salad with Croutons	✓	X	✓

(30)

ACTIVITY 2

2.1 2.1.1 Diabetes✓

2.1.2 Vegans ✓

2.1.3 Allergy✓ (3)

2.2
- Nuts✓ / peanuts
- milk✓/ dairy
- eggs✓
- fish ✓/ shellfish
- mollusks✓
- certain fruits, vegetables, spices

(Any 4) (4)

2.3
- sneezing ✓
- skin rashes ✓
- swelling ✓
- watery eyes ✓
- difficulty breathing ✓
- vomiting ✓

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- diarrhoea✓

(Any 3) (3)

ACTIVITY 3

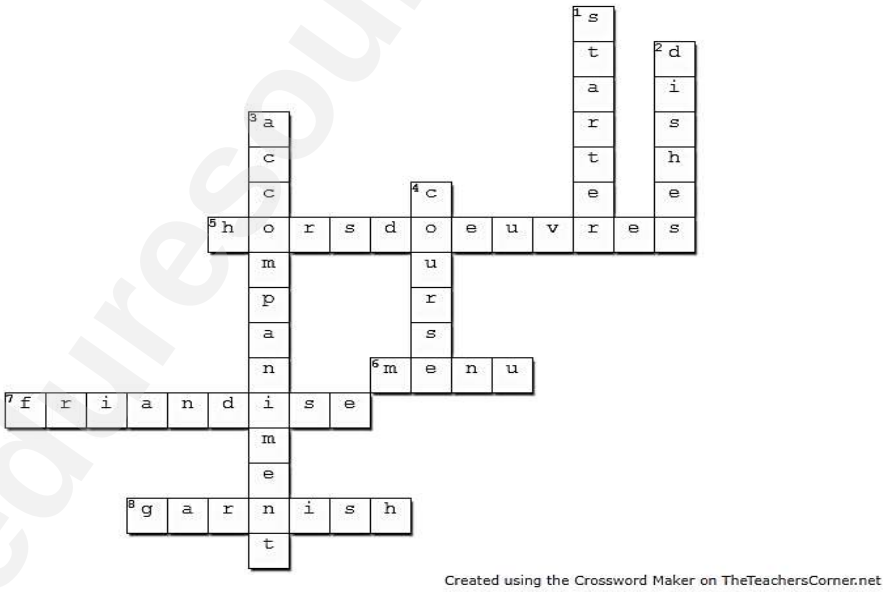
3.1 1. Soup, ✓ fish, ✓sorbet, ✓meat and vegetables, ✓dessert ✓ cheese ✓ (6)

3.2

A- Á la Carte	B- Table d' Hôte
1. Dishes prepared per order – list of dishes to choose from✓	1. Set menu – no choice of dishes✓
2. Food cooked once ordered✓	2. Food is prepared ahead of time✓
3. Dishes are priced individually✓	3. Set price for the set menu✓
4. No definite number of courses✓	4. Set number of courses✓

(8)

3.3



(8)

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ACTIVITY 4

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(5)

4.1 4.1.1 D✓

4.1.2 G✓

4.1.3 A✓

4.1.4 C✓

4.1.5 B✓

4.2.1 <u>Diabetes</u>

- Avoid or restrict refined starch on the menu- white bread, white rice, fine maize meal, cake flour ✓
- Limit sugar - chocolate, cakes, tarts, carbonated cold drinks ✓
- Decrease total fat – no fatty meat, poultry skins, butter, cheese, full-cream milk ✓
- Avoid /restrict the use of processed meats - Russian sausages and salami ✓
- Control portion size and avoid eating more than the dietary allowance for food ✓

(3)

4.2.2 <u>Cholesterol</u>

- Serve less fat, especially saturated fat and food that is high in cholesterol -fatty meats, poultry skin, oily fish, butter, cheese, egg yolk, dairy, cream, chips, fried fatty foods, peanut butter, mayonnaise, coffee creamers, vegetables prepared in fat ✓
- Limit processed meat - Russian sausages, salami ✓
- Moderate use of sugar - beverages high in sugar, cakes, jam, chocolates, condensed milk ✓
- Limit use of refined starch - white bread, white rice, fine maize meal, cake flour ✓
- Limit alcohol – wine, beer, ciders as well as spirits ✓

(2)

4.2.3 <u>Hypertension</u>

- Avoid or limit use of processed food – processed meat e.g., salami, cheese, Russians, processed cheese. ✓

(3)

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- Avoid or limit use of food with high salt content – biltong, haddock, anchovies, tinned mussels, crisps, potato chips, salted biscuits, salted nuts, flavoring containing salt e.g., salt and vinegar flavoring. ✓

4.3

4.3.1 Food allergies is an unpleasant / bad reaction √ to a food or an ingredient ✓ (2)

4.3.2 Eggs✓ (1)

4.3.3 No. ✓ Eggs are used in chocolate éclair ✓ (2)

4.3.4 Chocolate doughnuts, ✓ because doughnuts do not contain eggs✓

OR

None ✓: as some doughnuts may contain eggs ✓/ all the products contain eggs (2)

ACTIVITY 5

5.1.1 a) Beef Wellington / Bavarian cream / Prawn cocktail / Pumpkin fritters✓ (Any 1)

b) Prawn Cocktail✓ (3)

c) Bavarian cream✓

5.1.2 Not suitable ✓

Green salad with pistachio contains nuts ✓ (2)

5.1.3 The dish can be served without the nuts ✓

Another recipe can be used to replace green salad✓ (Any 1) (1)

ACTIVITY 6

6.1.1

- No utensils needed ✓
- Variety of foods available ✓
- Food can be eaten easily. ✓
- Can be inexpensive. ✓
- Less space needed. ✓
- Creates special atmosphere ✓
- Serve different styles and flavours can be served. ✓
- Can allow for more creativity. ✓

(Any 2) (2)

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6.1.2 a) 12 – 20 pieces ✓
or 3 – 5 per hour ✓ (1)

b) 8 – 10 different types ✓ (1)

6.2 Include items that can be served hot or cold, baked or fried ✓
Keep flavour, colour, texture and temperature in mind ✓
Serve food that is in season ✓
Consider the client's religious or cultural beliefs, food allergies and dietary limitations✓
The time, duration and purpose of the function ✓
Food should be easy to handle and easy to eat when standing✓
Avoid sticky food, and food with bones✓
Dessert bites can be served towards the end of the party ✓ (Any 3) (3)

MARKING GUIDELINES OF COSTING ACTIVITIES

GRADE 10

ACTIVITY 1

1.1.1 Apricot jam: 250 ml = 330 g ✓ (1)

1.1.2 Bran: 500ml ÷ 250 x 30 ✓ = 60g ✓ (2)

1.1.3 Mealie rice: 100 ml ÷ 250 x 170 ✓ = 68g ✓ (2)

1.1.4 Salt: 20 ml ÷ 250 x 280 ✓ = 22,4 g ✓ (2)

1.1.5 Oil: 250 ml = 230 g ✓ (1)

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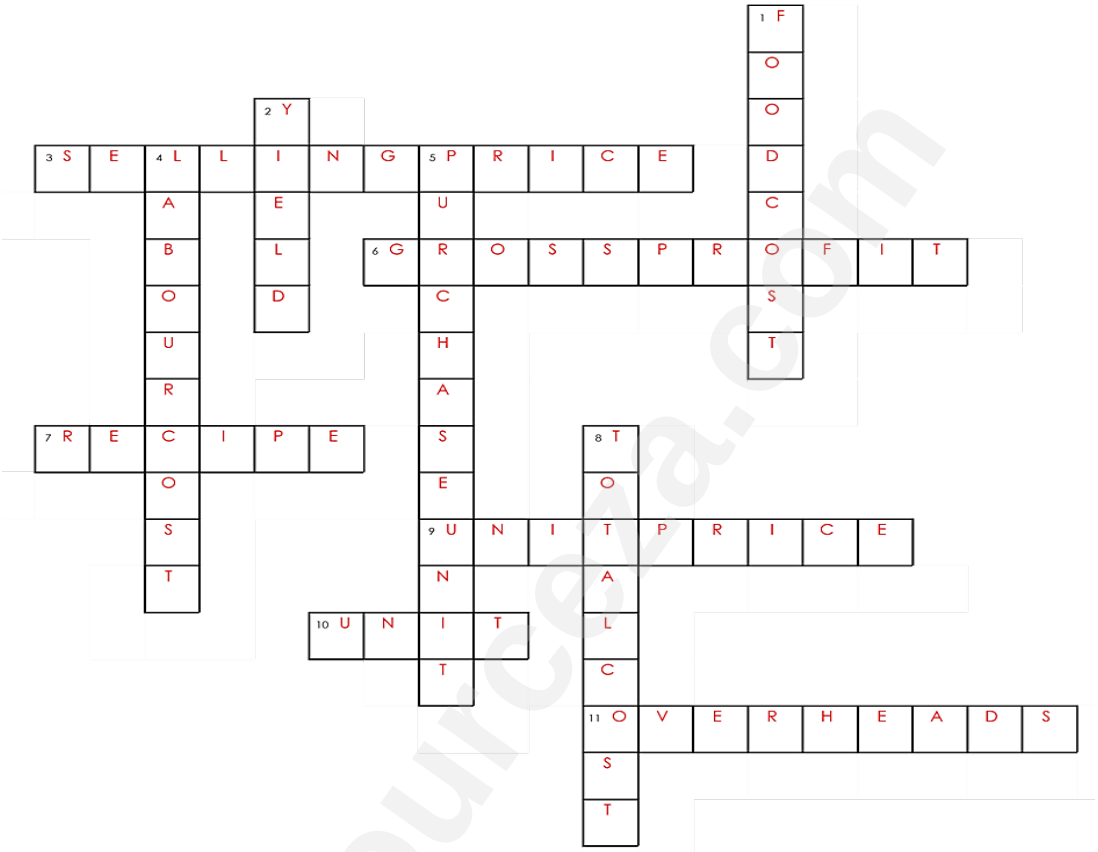
GRADE 11 AND 12

ACTIVITY 1

1.1



(11)

2.1 Food cost✓

Labour cost ✓

Overhead cost ✓ (3)

2.2 Price per portion = Total cost ÷ yield ✓

= R 31,50 ÷ 12 ✓

= 2,625✓

= R 2,63 ✓ (4)

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ACTIVITY 3

3.1.1

INGREDIENTS	UNIT	PURCHASE UNIT	CONVERSION	PURCHASE PRICE	UNIT PRICE
Milk	750 ml	2 litre		R28.99	R 10,87 ✓
Sugar	250ml	2,5 kg	200g ✓	R42.99	R 3,44 ✓
Butter	50 g	500 g		R 59,99	R 6,00 ✓
Eggs, large	3	Dozen		R25.00	R 6,25 ✓
Custard powder	90 ml	500 g	43 g ✓	R24.50	R 2,11 ✓
Vanilla essence	5 ml	100 ml		R 20.00	R 1,00 ✓
Salt	2ml	500g	2,2 g ✓	R 10.45	R 0,05 ✓
Cream crackers	1 packet	1 packet		R 24.00	R 24,00 ✓
Icing sugar	750ml	500g	390 g ✓	R28.99	R 22,61 ✓
				Recipe cost:	R 76,33✓
				Food cost per portion:	R 4,24 ✓

(15)

3.1.2 a) Total cost = Food cost + Labour cost + Overheads ✓

= R 76,33 + R 48,00 + R 25,00 ✓

= R 149,33 ✓ (3)

b) Total cost per portion = Total cost ÷ Yield ✓

= R 149,33 ÷ 18 ✓

= R 8,30 ✓ (3)

c) Selling price per portion = Food cost ÷ Food cost % ✓

= R 4,24 ÷ 35 % ✓

= R 12,11 ✓ (3)

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3.4 EXAMINATION GUIDANCE

EXAMINATION TIPS FOR THIS TOPIC

- Practice with different menu's: analyze the dishes, so that you can identify for which religions or cultural groups the item would be suitable.
- Know the ingredients that are posing health risks by name and picture.
- Be familiar with the symptoms for every allergy.
- Be able to apply the knowledge on a given menu.
- Know the difference between cocktail functions and finger lunches.
- Know the general rules for preparation, presentation and serving of food.

EXAMINATION TIPS FOR COSTING:

- Ensure that you know the TERMINOLOGY to understand what is asked.
- Know your formulae (in this study guide all formulae are in a blue text box).
- Read the question and information given very carefully to determine what is given and what is asked.
- Always carry your calculator to the test or exam and use it to do calculations.
- In the final price, always add the R and round off to 2 decimal spaces.

EXAMPLES OF EXAMINATION QUESTIONS

1.1 MULTIPLE CHOICE QUESTIONS

Various options are provided as possible answers to the following questions. Choose the correct answer and write the symbol (A – D) next to the question number (1.1.1 – 1.1.10) in your WORKBOOK.

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1.1.1 Foods and beverages forbidden by the Muslim faith is known as…

A Allah

B Haram

C Halaal

D Kosher (1)

1.1.2 Halaal is associated with:

A Judaism

B Islam

C Hinduism

D Christianity (1)

1.1.3 Jewish guests will not order the following:

A Vegetables

B Beef

C Eggs

D Shellfish (1)

1.1.4 …is not suitable to serve to a person suffering from lactose intolerance.

A Crayfish cocktail

B Beetroot salad

C Mushroom sauce

D Steamed bread (1)

1.1.5 The term used to indicate that the person is allergic to flour:

A Lactose intolerance

B Egg intolerance

C Milk intolerance

D Gluten intolerance (1)

1.1.6 The following will not be suitable for a person suffering from hypertension.

A Biltong

B Steamed fish

C Boiled egg

D Boiled chicken (1)

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1.1.7 A list of dishes available at a restaurant.

A Recipe

B Menu

C List

D Meal plan (1)

1.1.8 A menu where each dish is individually priced.

A Á La Carte

B Table d' Hôte

C Continental breakfast

D English breakfast (1)

1.1.9. Choose the best food combination for a main course:

A Meatballs, peas, brussels sprouts

B Chicken, roast potatoes, green beans

C Roast chicken, sweet potatoes, pumpkin

D Mince, mash, spinach (1)

1.1.10 A filled, rolled-up savoury dish that can be served hot or cold is known as a...

A pizette.

B roulade.

C rumaki.

D brochette. (1)

1.1.11 The number of snacks per person served at a cocktail function before a dinner:

A 2- 3

B 3- 5

C 3- 8

D 8- 10 (1)

1.1.12 Bite-sized appetizers with a bread base made for eating with one's hands.

A Hors d'oeuvre

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B Crudité

C Canapé

D Rissoles (1)

1.1.13 A pâté made from duck liver.

A Foie grasses

B Foie gras

C Liver paste

D Devil on horseback (1)

1.1.14 A type of crumpet traditionally served with sour cream and caviar.

A Canapé

B Crépe

C Flapjack

D Blini (1)

1.2 Select THREE guidelines for Halaal foods. Write the symbols (A – E) next to the question number (1.2) in your WORKBOOK.

A Vanilla containing alcohol is excluded.

B No alcohol or alcoholic drinks may be consumed.

C Mixing of dairy products and meat products is prohibited.

D Cutlery and crockery used for milchik and meat products dishes may not be washed together.

E Canned vegetables containing emulsifiers and frozen vegetables with a sauce are excluded. (3)

1.3 Choose the description from COLUMN B to match the term in COLUMN A. Write only the letter (A – F) next to the question number (1.3.1 – 1.3.5) in your WORKBOOK.

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COLUMN A TERM	COLUMN B DESCRIPTION
1.3.1 Menu Planning 1.3.2 Relevés 1.3.3 Cocktail function 1.3.4 Food group 1.3.5 Formal dinner	A Larger than entrée and usually roasted and carved meat B A dinner planned for a specific occasion. The menu consists of different courses served C Decorate a dish by adding something to improve its appearance (or taste) D The process by which menus are planned E Semi-formal to formal get-togethers where light hors d' oeuvres, a variety of drinks and cocktails are usually served F A collective of foods that provide similar nutrients

(5)

1.4.1 **SELECTION**

Select FIVE ingredients from the list below that can cause food allergies. Write the letters (A–H) next to the question number (1.4.1) in your WORKBOOK.

A Sugar
B Eggs
C Milk
D Gelatin
E Oysters
F Carrots
G Peanuts
H Pecans
I Lettuce
J Chicken (5)

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1.4.2 Choose THREE facts that describe a Table d' Hôte menu. Write only the symbols (A-E) next to the question number (1.4.2) in your WORKBOOK.

A Fixed number of courses
B Customer can select various dishes
C Food cooked ahead of time
D Meal has a set price
E Each item is individually priced
F Customer determine own number of courses (3)

1.5 Match the description from COLUMN B to match the term in COLUMN A. Write only the letter (A – J) next to the question number (1.5.1 – 1.5.8) in your WORKBOOK.

COLUMN A TERM		**COLUMN B DESCRIPTION**	
1.5.1	Parev	A	Food fit for Jews
1.5.2	Milchik	B	Dairy products have been used
1.5.3	Kosher	C	Diet of plant origin
1.5.4	Haraam	D	Majority people of this religion are Indian
1.5.5	Hindu	E	Food certified by the Muslim Judicial Council
1.5.6	Vegetarian	F	Vanilla that is alcohol based
1.5.7	Halaal	G	Does not contain any dairy or meat
1.5.8	Islam	H	Prohibited food
		I	Religion of people that eat Halaal food
		J	Religion of Jewish people

(8)

1.6 Give ONE word / term for the following descriptions. Write down the term only next to the corresponding number (1.6.1-1.6.9) in your WORKBOOK.

1.6.1 A food or ingredient that can cause an allergic reaction
1.6.2 The reaction caused by a lack of enzymes to digest the food or ingredient, causing discomfort

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1.6.3 A protein found in grains

1.6.4 Platters of vegetables that are cut into smaller portions and served with a dip

1.6.5 A small finger-shaped choux pastry product filled with cream and glazed with chocolate

1.6.6 A grated potato dish made into a thick, crispy, golden-brown round-shaped cake

1.6.7 Open tart filled with a savoury baked egg custard and other added ingredients (7)

2.1 Study the menu given below and answer the questions that follow:

MENU

Dinner

Mushroom Consommé

Beef Fillet with Red Wine Sauce

Waterblommetjie Stew

Creamed Spinach

Glazed Baby Carrots

Milk Tart with Cream

Coffee

20 April 2023

2.1.1. Different cultures were invited to the function for which this menu is served. Define the following concepts:

a) Halaal (2)

b) Haram (1)

c) Parev (1)

2.1.2 Analyse whether this menu is suitable for Kosher catering. Motivate your answer. (3)

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3.1 Read the following case study and answer the questions that follow:

> The Confederation of African Football (CAF) awards ceremony will be hosted in SOWETO. The function venue offers cocktail and formal dinner functions. The function coordinator requested a welcome cocktail function for the first evening. He briefed the executive chef on the dietary needs of the guests as the cholesterol levels of the players are closely monitored. The executive chef is very enthusiastic and wants to showcase local South African delicacies to the guests.

3.1.1 Justify why the function coordinator requested a cocktail function. (4)

3.1.2 Outline THREE points to consider when choosing snacks for the guests above. (3)

3.1.3 Suggest THREE savoury cocktail snacks using springbok as an ingredient. (3)

3.1.4 One of the cocktail dishes is eggs filled with mayonnaise. Discuss the suitability for the players. (3)

4.1 Study the pictures below and answer the questions that follow:

Source: Hospitality

2018 February NCS exam

4.1.1 Give TWO reasons why the dishes above are suitable for people who are HIV positive. (2)

4.1.2 Evaluate the suitability of the dishes above for guests with high cholesterol. (4)

5.1 Describe the following hors d'oeuvres:

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5.1.1 Crudités (2)

5.1.2 Single hors d'oeuvres (2)

5.1.3 Pizette (1)

5.2 Study the pictures below and answer the questions that follow:

A

B

Source: https://www.goodto.com/food/recipe-collections/50-quick-and-easy-canapes-12972

5.2.1 Identify the TWO hors d' oeuvres in the picture above. (2)

5.2.2 Classify the hors d' oeuvres A and B. (2)

5.2.3 Name the utensil used to make the hors d' oeuvre B easy to handle. (1)

5.2.4 Briefly explain how hors d'oeuvre A is prepared. (3)

5.3. Make a list of FOUR guidelines to follow when preparing hors d'oeuvres. (4)

5.4 Evaluate the suitability of serving sticky ribs at the cocktail function. (3)

6. Study the extract below and answer the questions that follow:

The Grade 12 Hospitality Studies learners are organising a cocktail function for a local cricket team. Fifteen players and six teachers will be entertained.

6.1 Determine the number of different snacks you will serve per person. Motivate your answer. (2)

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6.2 Study the menu below and answer the questions that follows.

MENU

Crumbed mushrooms with tartar sauce

Bacon wrapped Chicken breast
Creamy Mushroom sauce
Brown and Tastic Rice Timbales
Butternut Salad with a Feta Cheese dressing
Steamed Cauliflower
Pumpkin fritters
Chocolate Mousse

Coffee

6.2.1 Identify the type of menu and give TWO reasons for your answer. (3)

6.2.2 Determine the number of courses on the menu. (1)

6.2.3 Discuss the general availability of menu ingredients. (2)

6.2.4 Evaluate the **writing** of the menu by keeping the rules for writing a menu in mind. (6)

6.2.5 Rewrite the menu correctly keeping in mind all the rules in writing of the menu (8)

EXAMPLES OF EXAMINATION QUESTIONS ON COSTING:

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1.1 MULTIPLE CHOICE QUESTIONS

Various options are provided as possible answers to the following questions. Choose the correct answer and write the symbol (A – D) next to the question number (1.1.1 – 1.1.3) in your WORKBOOK.

1.1.1 You are making pancakes. Calculate the cost of 250 ml milk if the price of one litre milk is R15,00.

A R 0,06
B R 2,50
C R 3,75
D R 11,25 (1)

1.1.2 Costs of operating a business that include telephone services, hiring of equipment, payment of water and electricity are … costs.

A food
B overhead
C labour
D handling (1)

1.1.3 The profit made after all the costs have been deducted.

A Nett profit
B Gross profit
C Final profit
D Operating profit (1)

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1.2 ONE-WORD ITEMS

Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (1.2.1 – 1.2.3) in your WORKBOOK.

1.2.1 Expenses of salaries and wages of staff

1.2.2 Cost of transport, rent and cleaning materials

1.2.3 The amount of a specific food item served to a guest (3)

1.3 SELECTION

1.3.1 Select THREE ingredients from the list that measures the same in gram and ml. Write the letters (A–F) next to the question number (1.3.1) in your WORKBOOK.

A Water

B Rice

C Oil

D Milk

E Margarine

F Syrup (3)

1.4 CLASSIFICATION

Study the list in the word bank below. Classify the items under the correct cost. Only write the item next to the correct number (1.4.1 – 1.4.3) in your WORKBOOK.

Wage for waiters hired only for a function;	Cake flour;	Packaging;
Staff meals;	Wi-fi;	Butter;	Rent of the premises

1.4.1 Food cost

1.4.2 Overhead cost

1.4.3 Labour cost (7)

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2.1 Study the quotation below and answer the question that follow:

A FOR AWAY CATERERS
Beachwood Road 29, Umhloti
QUOTATION

MENU	PRICE
Prawn cocktail starter	R 25,00
Roast chicken	R 27,00
Savoury rice	R 8,00
Almond green beans	R 10,00
Caramelised carrots	R 7,00
Garden salad	R 8,00
Chocolate mousse	R 15,00

OTHER	PRICE
Serviettes	R 80,00
Overhead costs	R 1 000,00
Labour costs	R 1 500,00
Chair covers (30 covers x R 15)	R 450,00
Juice (10 jugs X R 25)	R 250,00

Deposit of 50% payable upon booking. Balance due 1 week before function.

2.1.1 Give examples of THREE aspects that might be included in the overhead costs. (3)

2.1.2 Identify FOUR types of information that are provided on the quotation form. (4)

2.1.3 Identify THREE types of information that have not been included on the quotation form. (3)

2.1.4 Calculate the cost of the menu items. Show ALL calculations and formulae. (2)

2.1.5 Calculate the total cost of the food for 30 guests. Show ALL calculations and formulae. (3)

2.1.6 Calculate the total cost of the function for 30 guests. Show ALL calculations and formulas. (3)

2.1.7 Determine the selling price of the menu if you use a food cost percentage of 40%. Show ALL calculations and formulas. (3)

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3.5 MARKING GUIDELINES

ANSWERS OF EXAMINATION QUESTIONS

GRADE 11 AND 12

ACTIVITY 1

1.1.1	B✓		
1.1.2	B✓		
1.1.3	D✓		
1.1.4	C✓		
1.1.5	D✓		
1.1.6	A✓		
1.1.7	B✓		
1.1.8	A✓		
1.1.9	B✓		
1.1.10	B✓		
1.1.11	A✓		
1.1.12	C✓		
1.1.13	B✓		
1.1.14	D✓		(14)
1.2	A ✓ B✓ E✓	(In any order)	(3)
1.3.1	D✓		
1.3.2	A✓		
1.3.3	E✓		
1.3.4	F✓		
1.3.5	B✓		(5)
1.4.1	B ✓ C✓ E✓ G✓ H✓		(5)
1.4.2	A✓ C✓ D✓		(3)

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1.5.1 G✓
1.5.2 B✓
1.5.3 A✓
1.5.4 H✓
1.5.5 D✓
1.5.6 C✓
1.5.7 E✓
1.5.8 I✓ (8)
1.6.1. Allergen✓
1.6.2 Food intolerance ✓
1.6.3 Gluten ✓
1.6.4 Crudités ✓
1.6.5 Éclair ✓
1.6.6 Rosti ✓
1.6.7 Quiche ✓ (7)

2.1.1. a) Halaal: Food permitted ✓ to be eaten by Muslim. ✓ (2)
b) Haram: Food not permitted for consumption by a Muslim✓ (1)
c) Parev: Food does not contain any dairy or meat as ingredients✓ (1)

2.1.2 Not suitable ✓
Milk products ✓in creamed spinach and dessert cannot be consumed with meat. ✓ (3)

3.1.1
- Large number of people can be entertained at the same time✓
- Small space can be used✓
- Little cutlery and crockery are needed✓
- A diverse mix of guests can be accommodated✓
- Guests have an opportunity to mingle with each other✓
- The duration of the function is short, usually two hours✓
- Menus can be inexpensive✓
- A variety of snacks is served✓ (4)

(Any 4)

3.1.2
- The age group of the soccer players/manager, coaches✓
- Their gender ✓
- Their special nutritional/dietary needs✓

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• The food habits of the players and religious beliefs of the players✓ (3)
(Any 3)

3.1.3 • Flat bread topped with smoked springbok carpaccio✓
• Rare springbok fillet cocktail rolls with onion marmalade✓
• Ribbons of springbok carpaccio with cream cheese on savoury pancakes✓
• Springbok satays with chilli sauce✓
• Short crust pastry tart filled with springbok✓
• Springbok strips with honey and mustard dip✓
• Mini pizzas with springbok biltong dust✓ (Any relevant answer) (3)

3.1.4 • The mayonnaise-filled eggs are unsuitable✓
• Because the players cholesterol is closely monitored✓
• Players should avoid consuming food with high amounts of fat✓
• The egg yolks and mayonnaise contain high amounts of fat ✓ (3)
(Any 3)

4.1.1 Fresh fruit will boost the immune system ✓
Protein in the eggs will ensure that the muscle mass is maintained ✓ (2)

4.1.2 Fruit kebabs are suitable✓
Fruits need to be incorporated in the diet✓
The filled eggs are unsuitable✓
They need to avoid egg yolks✓ and avoid mayonnaise which has been incorporated in the egg yolk✓ (4)

5.1.1 Platter of raw vegetables ✓ that are cut into smaller portion and served with a flavoured dip ✓ (2)

5.1.2 Single hors d'oeuvres consist of a single item ✓ with a garnish or sauce. ✓ (2)

5.1.3 The same as a pizza but smaller in size. ✓ (1)

5.2.1 a) Bruschetta ✓
b) Brochettes ✓ (2)

5.2.2 a) Cold hors d' oeuvres ✓

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b) Hot hors d' oeuvres ✓ (2)

5.2.3 Skewer ✓ (1)

5.2.4 Prepare a base, spread and a garnish. ✓ The base can be a bread, croute.
Savoury biscuits and pastry dough. ✓
The bases should be small ✓.
Garnish attractively ✓ (3)
(Any 3)

5.3 Suppose to be bite sizes ✓
They must be visually attractive ✓
They must be tasty and well-seasoned ✓
They must include a variety of flavours ✓
Ingredients should be easily recognised ✓
Use high quality ingredients ✓ (4)

5.4 Unsuitable ✓
The guest will dirty their fingers, ✓or may need a finger bowl ✓
Need a side plate to serve ✓ (3)

6.1 Between 3-8 different types of snacks will be served ✓
Fewer than 45 guests ✓ (2)

6.2.1 Set menu✓ – no choice in dishes / set dishes✓ and set clear courses✓ (3)

6.2.2 3 courses✓ (1)

6.2.3 Most of the ingredients used in the menu are readily/easily available (no speciality ingredients.) ✓
Butternut is seasonal and will not be available all year round✓.
Butternut is a typical South African squash and will not be easily available in other countries. ✓ (2)

6.2.4 No subheading✓
Courses are not separated ✓
No date✓
No price✓
No brand names to be used✓

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All dishes not capitalised✓ e.g., breast, sauce (6)

6.2.5

MENU✓

DINNER✓

STARTER ✓

Crumbed Mushrooms with Tartar Sauce

MAIN COURSE✓

Bacon Wrapped Chicken Breast

Creamy Mushroom sauce

Brown Rice Timbales

Butternut Salad with a Feta Cheese dressing

Steamed Cauliflower

Pumpkin Fritters

(8)

DESSERT✓

Chocolate Mousse

Coffee✓

04 February 2022✓

Mark for the spaces ✓

ANSWERS TO EXAMINATION QUESTIONS FOR COSTING:

1.1.1 C ✓

1.1.2 B ✓

1.1.3 A ✓ (3)

1.2.1 Labour costs ✓

1.2.2 Overhead costs ✓

1.2.3 Portion ✓ (3)

1.3 A ✓

D ✓

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E ✓ (3)

1.4.1 Cake flour ✓
Butter ✓ (2)

1.4.2 Packaging ✓
Staff meals ✓
Wi-fi ✓ (3)

1.4.3 Wage for waiters hired only for a function ✓
Rent of the premises ✓ (2)

2.1.1 Electricity ✓
Water ✓
Cell phone ✓
Stationery ✓
Transport ✓
Tax ✓
Rent ✓
Depreciation of equipment ✓
Cleaning materials ✓
Advertising ✓ (Any 3) (3)

2.1.2 Details of the company providing the quotation ✓
Details of the function ✓
Additional charges ✓
Payment terms ✓ (4)

2.1.3 Personal information: Name of client ✓
Address/contact details of client ✓
Details of the client ✓'
Information regarding the function: Date and time of function ✓
Final prices ✓
Name of function coordinator ✓
Contact details of catering company ✓
Signatures ✓
Other service provided e.g., music, table decorations ✓
Special requests ✓ (Any 3) (3)

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2.1.4 Cost of menu items = Sum of all menu items ✓

Prawn Cocktail starter	R 25,00
Roast chicken	R 27,00
Savoury rice	R 8,00
Almond Green beans	R 10,00
Caramelised carrots	R 7,00
Garden salad	R 8,00
Chocolate mousse	R 15,00
TOTAL	R 100,00 ✓

(2)

2.1.5 Total food cost x 30 ✓

= R 100 x 30 ✓

= R 3000,00 ✓ (3)

2.1.6 Total cost = Food cost + Labour cost + Overheads + Additional cost ✓

= R 3000 + R 1500 + R 1000+ R 780 ✓

= R 6280 ✓ (3)

2.1.7 Selling price = Food cost ÷ 40% ✓

= R 3000 ÷ 0,4 ✓

= R 7 500 ✓ (3)

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4. GENERAL EXAMINATION TIPS

Keep in mind:

- Work through previous question papers in preparation towards the final examination.
- Familiarise yourself with the layout of the paper and how to manage the time effectively per question.

4.1 Instructions

- Answer ALL the questions in the exam paper: **There are NO choice questions.**
- Answer all the sections in the answer booklet provided in the final examination.
- Number the questions according to the numbering system used in the exam paper: **ensure that your answers are numbered correctly and align with the numbering in the question paper.**
- Use the first page of the answer booklet for **Section A: Short questions**.
  - Provide only one answer per line.
  - Write numbers below each other and not next to each other.
  - Do not leave a line open in between answers.

    Correct example:

    1.1.1

    1.1.2

    1.1.3

    1.1.4

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- Begin each section and each new topic question on a new page e.g., between Section B and C. Indicate the start of a new question e.g., QUESTION 2 in the **middle** of the page.
- Number the individual questions along the left side margin of the page.
- Start each question on a new page e.g. **Rule off after the end of Question 2, turn the page and start with Question 3.**
- Set out your answer clearly by writing in a clear and legible manner: Untidy, illegible writing may result in the loss of marks.
- Each paper consists of a certain number of pages which is indicated on the front cover page of the Question paper. Count the number of pages to see if it corresponds and ensure that all pages are printed on both sides**.**

4.2 How to approach the question paper

- Read through the question paper and take note of the **number of sections** (A-D) and **questions** (1-6).
- Read through all the questions before attempting to answer any questions. Read attentively during the allocated reading time and make quick notes after the reading time.
- Decide which questions will be easier to attempt first.
- Allocate the time you will spend on a question so that you do not run out of time.

SUGGESTED TIME ALLOCATION:

Section	Question	Marks	Suggested time per question
Short Questions			
Section A	1	40	30 minutes
Long Questions			
Section B	2	20	20 minutes
Section C	3	40	35 minutes
	4	40	35 minutes
Section D	5	30	30 minutes
	6	30	30 minutes
TOTAL		**200**	**180 Minutes = 3hours**

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- If you do not know an answer, move on to the next question.
- Additional time on hand can be used at the end to revisit challenging questions. Try not to leave blank, open spaces. Make ALL attempt to answer.
- Stay focused and work until the end of the examination session to use the time effectively.
- Make sure that NO questions have been left out.

4.3 How to approach the questions

1. **First** read the **instruction** at each question to accurately formulate your answer.
   Each sub-section for Question 1 is a different type of question e.g. matching columns or writing ONE word/term.
   Long questions primarily contained in Question 2-6 may include a variety of instructions such as writing a paragraph, designing/ drawing a label or menu etc. or tabulating the answer.
2. Underline or highlight the **action verb** in each question. The verb gives the instruction and indicates what is expected in the response.
3. Take note of the **mark allocation** per question: the mark allocation is an indication of the number of facts required to obtain the marks for the question:

- **Do note**: Where a specific number of facts are required e.g. List THREE …, only the first three facts will be marked.
- However, with questions containing action verbs such as explain, discuss, motivate, evaluate, etc. the length of the response must be appropriate to the allocated mark scheme.

4. Where items such as menus, pictures, illustrations, case studies or scenarios are given:

- First read/study the instruction
- Then study the item provided e.g. paragraph, picture, extract, etc.
- Read each of the questions that follow and keep the given scenario/context in mind when answering the question.

Blooms Taxonomy: Descriptive/Action Verbs

When answering a question, it is import to first breakdown the question to determine the:

- **Action verb** and the instruction implied
- **Content** that must be linked to the instruction
- **Context** within which the response should be developed

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Make sure you understand the **action verb** so as know the approach and interpretation of the question.

ACTION VERB	WHAT IS REQUIRED OF YOU
Analyse	Separate, examine and interpret information
Argue/debate/reason	It means to reason about the positives and negatives, advantages or disadvantages
Calculate	It involves providing a formula and then proceeding with the calculations
Classify	Divide into groups or types so that things that are similar, are in the same group
Comment	Write generally about something
Compare	Refers to both differences and similarities and is also often better answered in a table format
Define	Give a clear definition/meaning
Describe	It means to give a brief or detailed account in a full sentence of a term/concept
Discuss	Consider all information and reach a conclusion
Distinguish/differentiate	Refers only to differences between two or three items and is often better answered in a table format
Draw/design a menu/ advertisement/label	It means the correct format must be used. ALL rules for writing and planning should be applied, including a frame, correct lettering, etc. Attempt the item on ONE page; NOT starting at the bottom of a page and then moving on to the next page to complete it
Evaluate/judge assess	Always start the answer by indicating that it is good or bad/ correct or wrong/suitable or unsuitable and then continue by giving reasons to motivate your judgement. Only one mark will be awarded for indicating whether it is good or bad/ correct or wrong/suitable or unsuitable and the remaining marks are allocated to the motivation
Explain	It means to make content clear by describing it in more detail, revealing relevant facts or providing reasons
Forecast/predict	Estimate or anticipate what you think will happen in the future or what the outcome or consequence will be of something

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Give/provide	Write down only facts
Identify	Name the item displayed or the essential characteristics
Interpret	Give the intended meaning of something
List	Only write the required list of items
Mention	Refer to relevant points
Motivate/justify	Provide substantial reasons
Name	State something – give, identify or mention
State	Write down information without discussion
Suggest/recommend	Offer a solution or suitable example
Tabulate	It means all information MUST be provided in a table format

4.4 Tips on how to study effectively

- Draw up a study timetable: Break up your learning sections into short, manageable parts and include enough sleep and break times. You can use colour to indicate the different subjects.
- Stand up and move around during break times; preferably get some fresh air outside.
- Be disciplined: stick to your study timetable.
- Have all your stationery ready before you commence studying e.g. text books, pencils, pens, highlighters, paper, etc.
- Take note that your brain learns well with colours when you underline, highlight, circle key words.
- Repetition is the key to retaining information you must learn. After you had a break try to recall the information you studied before the break to reinforce it. Sometimes it is necessary to repeat certain information; don't become discouraged as it is quite normal.
- You may want to start with the topics you enjoy most to gain confidence and then proceed to the more challenging ones OR alternate easier and difficult topics.
- Studying for exams requires a physically prepared body and brain. A good night's rest of approximately 8 hours, including balanced meals with enough fruits and vegetables, and drinking plenty of water is essential for success.

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5. GLOSSARY

TERM	DESCRIPTION
A' la Carte	Individually priced dishes which the guest chooses from the menu
A' la Carte menu	A menu that has a wide variety of dishes that are prepared fresh for each order and all dishes are individually priced
Accompaniment	Sauces or dips to serve with a dish
Allergen	Substances that cause an allergic reaction
Amuse bouche	A small bite-sized hors d' oeuvre that is served as a gift from the chef; offered free of charge to all present at the table. It stimulates the appetite and showcase the chef's skills
Atherosclerosis	Refers to the build-up of fats, cholesterol and other substances in and on your artery walls (plaque), which can restrict blood flow. Plaque can cause the artery to burst or trigger a blood clot
Balanced meal	A meal that contains all the food groups
Banquet	Formal, fine dining, usually sit-down dinners for a special occasion
Blini's	A small crumpet made from rye flour and yeast and topped with cream cheese and other ingredients
Bouchée	Small, round puff pastry case with savoury filling
Brochette	Small skewers of meat
Breakfast	A meal eaten in the morning, the first of the day
Bruschetta	Grilled slice of bread (such as French loaf) with a savoury topping
Brunch	A meal eaten late in the morning instead of breakfast and lunch
Buffalo wings	Deep fried chicken wings, coated in sticky sauce
Canapes	Tiny, bite-sized snack that is garnished attractively

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Cholesterol	Cholesterol is a soft, waxy substance that is circulated in the blood to line the arteries and keep them supple
Cocktail dinatoire	A dinner cocktail
Cocktail function or cocktail party	Are semi-formal or formal get-togethers where light hors d' oeuvres, a variety of drinks and cocktails are usually served
Course	A group of foods served at the same time; can consist of one or more dishes
Crudites	Vegetables cut in small portions e.g. julienne vegetable, served with a dip
Dessert	The sweet course eaten at the end of a meal
Eczema	A type of allergy or a reaction to irritants that occurs in the skin, causing itching, dryness and bumps
Entrées	Small, well-garnished dishes which are ready to serve and always served with (a very rich) gravy or sauce
Filled eggs (devilled eggs)	Boiled eggs that are halved on which egg yolk filling is piped into hole of egg white
Finger food	Bite-size appetisers or entrées that are intended to be eaten with your hands
Finger lunch	Involves finger foods which are often eaten as a quick snack
Food Allergies	Bad reaction to a food ingredient. The immune system reacts to the substance (allergen) as if it is a harmful invader and activate the body's defences to fight against it
Food group	A collective of foods that share similar nutrients
Food intolerance	The inability of the body to fully digest or process certain foods
Food Pyramid	A representation of the optimal number of servings to be eaten each day from each of the basic food groups
Formal dinner	A dinner planned for a specific occasion. The menu consists of different courses
Friandise	Sweet bite-sized snack served with coffee at the end of a meal
Fruit skewers	Variety of fruit cut in small, similar size and placed on a skewer
Garnishing	Decorate a food by adding something to improve its appearance (or taste)

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Gluten	A protein found in grains
Gluten intolerance	An immune reaction to eating gluten. Over time, the immune reaction to eating gluten causes inflammation that damages the small intestines
Halaal	The food that Muslims (Islam) eat must be lawful and permitted according to the rules of Mohammed
Haram	Food not permitted for a Muslim
High blood pressure	The condition where the blood is pumped into the arteries at a higher pressure or rate than usual
Hors d' oeuvres	Small, savoury, bite-sized finger food
Kosher	Means "clean" or pure. Followers of the Jewish faith are permitted to eat it. Kosher foods are approved foods that are prepared in accordance with Jewish law
Main course	The most substantial course of a meal
Menu	A list of dishes available at establishments
Menu planning	The process by which menus are planned
Milchik	Food containing milk / dairy products
Nutrients	Substances found in food that performs a specific function in the body
Oysters	Type of shellfish served raw in the shell on ice, normally with a hot sauce
Palmiers	Puff pastry filled, rolled up from both sides, cut into slices and baked
Parev	Food is neutral. The food item does not contain any dairy or meat ingredients
Pâté	Smooth spread of e.g., chicken liver or eggplant
Pax	The number of guests per reservation, table or check-in
Pizette	Small, bite-sized pizza
Quiche	Open tart filled with a savoury baked egg custard and other added ingredients
Ramekin	A small, straight-sided soufflé dish, 8-10 cm in diameter, used to cook individual portions of a variety of foods

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Relevés	Larger than entree and usually roasted and carved meat. The relevé is always served with a sauce, potatoes and green vegetables
Rissoles	Finely minced meat, fish or poultry, shaped into balls, dipped in egg and bread crumbs, and then fried
Rosti	A grated potato dish made into a thick, crispy, golden-brown round-shaped cake
Rumaki	Chicken livers wrapped in bacon and grilled
Samoosa	Small, spicy, triangular snack made with purr pastry and deep fried
Sausage roll	Small puff pastry pie with meat filling in cylinder shape
Sorbet	Flavoured water ice served between courses to cleanse the palate or stimulate the appetite
Springroll	Rice paper or other thin pastry with a filling such as vegetables, rolled up and fried
Starter	The first course of the meal
Sushi	Cooked rice rolled with fish or vegetables
Table d' Hôte menu	Consists of a set menu at a fixed price for the whole meal
Tarte Tartin	Upside down puff pastry tartlet with a variety of fillings

GLOSSARY FOR COSTING:

TERM	DESCRIPTION
Conversion	Change the volume (ml) of ingredients to mass (g)
Dish	Food prepared according to a recipe
Fixed cost	Costs that are paid monthly at the same rate, e.g., permanent staff
Gross Profit	Gross profit = selling price – food cost
Labour cost	Cost for staff wages and salaries
Mass	How much an ingredient weighs in gram
Nett profit	Nett profit = selling price – total cost
Overhead cost	Cost to cover expenses related to operation of a business
Perceived value	The price that the client is willing to pay, for the value that he/she feels they receive when purchasing the product
Portion cost	The cost of one portion

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Purchase price	Price paid for a full packet / container full of the ingredient, e.g., R 28,99 for the packet of flour
Purchase unit	Quantity or size in which the ingredient is purchased, e.g., 2,5 kg flour
Recipe	The list of ingredients and method to produce a dish
Food cost	Unit price of all the ingredients added together
Selling price	Total cost + profit
Production cost	Food cost + labour cost + overhead cost
Unit	The amount of the ingredient required for the recipe, e.g.,500ml
Unit price	Actual price of the amount of the ingredient needed in the recipe, e.g. R 2,78 for the 500 ml cake flour
Variable cost	Cost that change, e.g., cost where staff is hired for special occasions
Volume	The quantity of an ingredient in ml
Yield	The number of portions that a recipe produces

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