



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

15 November 2021

This marking guideline consists of 12 pages.

SECTION A: SHORT QUESTIONS**QUESTION 1**

1.1	1.1.1	B	(20 × 1)	(20)
	1.1.2	C		
	1.1.3	A		
	1.1.4	A		
	1.1.5	A		
	1.1.6	D		
	1.1.7	B		
	1.1.8	A		
	1.1.9	C		
	1.1.10	C		
	1.1.11	C		
	1.1.12	A		
	1.1.13	A		
	1.1.14	D		
	1.1.15	A		
	1.1.16	B		
	1.1.17	B		
	1.1.18	C		
	1.1.19	D		
	1.1.20	C		
1.2	1.2.1	True	(10 × 1)	(10)
	1.2.2	True		
	1.2.3	True		
	1.2.4	False		
	1.2.5	True		
	1.2.6	False		
	1.2.7	True		
	1.2.8	True		
	1.2.9	True		
	1.2.10	True		
1.3	1.3.1	Bacon	(10 × 1)	(10)
	1.3.2	Special function menu		
	1.3.3	Absorption		
	1.3.4	Feta		
	1.3.5	Margarine		
	1.3.6	Iron		
	1.3.7	Jews		
	1.3.8	Holi		
	1.3.9	Strict vegetarian/Vegan		
	1.3.10	Food allergy		

1.4	1.4.1	• Halal • Muslim food		
	1.4.2	Hindu		
	1.4.3	• Kosher • Jewish		
	1.4.4	• Gluten-friendly • Gluten-free • Wheat-free		
	1.4.5	• No traces of genetically modified foods • Genetically modified free	(Any relevant answer 5 × 2)	(10)
				[50]
TOTAL SECTION A:				50

SECTION B: LONG QUESTIONS

QUESTION 2

2.1	2.1.1	• Helps cellulose with the peristalsis • Prevents constipation • Helps with digestion • Aids/Promotes regular stools/going to toilet • Improves nutritional value • Improves intestinal cleaning • Gives energy	(Any relevant answer 2 × 1)	(2)
	2.1.2	• Builds and maintains bones • Builds and maintains teeth • Aids in body strength • Prevents arthritis • Prevents bone diseases • Helps with the clotting of blood • Helps with the functioning of muscles	(Any relevant answer 2 × 1)	(2)
2.2		• Lard • Suet • Dripping • Butter • Bacon		(5)

- Study copy from EduResource ZA | eduresourcza.com

- Healthy eating influences
 - Types of terminology to be used
 - How it is written
 - Amount of people to be served/total pax (Any relevant answer 5 × 1) (5)
- 2.7
- Change the consistency of food✓
 - Food – as in a liquid or soft diet✓
 - Increase✓ or decrease the energy values✓
 - Increase✓ or decrease fibre✓
 - Increase✓ or decrease specific nutrients✓
 - Include or exclude specific foods that cause allergic reactions✓
 - Provide food neutral in flavour
 - Avoid stodgy/heavy foods (Any relevant answer 5 × 1) (5)
- 2.8
- Food should be cooked and served as quickly as possible✓
 - Do not keep food warm for a long time
 - Do not soak food for a long time
 - Do not use an alkali
 - Do not use a blunt knife
 - Do not cook the food for too long
 - Only cook food in a little water
 - Do not throw the cooking liquid away✓
 - Use in soups
 - Use stocks
 - Use sauces (Any relevant answer 4 × 1) (4)
- 2.9
- Protein✓ – for growth✓/ for development✓/ for strength✓/ to strengthening muscles✓/ making body mass leaner✓ (Any relevant answer)
 - Calcium✓ – for bones✓ and teeth✓/ to improve better bone✓ and teeth development✓/ decreases possibility of bone diseases ✓
(Any relevant answer)
 - Fluoride✓ – for teeth✓ (Any relevant answer)
 - Iron✓ – for red blood cells✓ (Any relevant answer)
(ONE mark for nutrient and ONE mark for reason of the nutrient) (4 × 2) (8)
- 2.10
- 2.10.1 Food allergy is the harmful✓ or abnormal reaction✓ to the intake of one or more specific food substances.✓ Anything which produces an allergic reaction.✓
(Mark any relevant fact. Do not mark symptoms; this is marked at 2.10.2) (2)

- 2.10.2
- Coughing
 - Choking
 - Trouble breathing
 - Extreme cases – loss of eye sight/blurred vision
 - Sinusitis
 - Asthma
 - Hay fever
 - Skin lesions
 - Rash
 - Itching
 - Eczema
 - Nausea
 - Vomiting
 - Stomach ache
 - Diarrhoea
 - Swelling of body (any part of body)
 - Tongue swelling up
 - Restriction of oesophagus
 - Headache
 - Heavy migraine
 - Hyperactivity
 - Agitated
 - Itching of eyes
 - Itching of scalp

(Any relevant answer 4 × 1) (4)
[50]

QUESTION 3

- 3.1
- Colour
 - Texture
 - Consistency
 - Shape
 - Aroma
 - Flavour
 - Taste
 - Temperature
 - What is trending
 - Organic produce
 - Ethical influences
 - Food cost
 - Budgets
 - Skill of team/capabilities
 - Time
 - What will sell
 - Ingredients/complimenting of ingredients
 - Dietary needs
 - Nutritional value of food
 - GMO foods
 - Gluten-free food options
 - Vegetarian options
- (Any relevant answer in the design of a menu 6 × 1) (6)

3.2 Full afternoon tea

- Low tea
- Light meal
- Served between 4pm and 6pm
- Served at first class hotels/leading restaurants
- May be presented in buffet style
- Consists of a variety of items
- Finger foods
- Petit fours/fancy cakes
- Wide selection of pastries, scones, sandwiches
- Costs more than high tea
- May be seated at round table/large number of guests
- More formal presentation of tea
- Savoury and sweet refreshments
- Ingredients not repeated

(Any relevant answer – max TWO marks for full afternoon tea)

High Tea

- Meat tea
- Served in restaurants/cafés/coffee shops
- Served between 5pm and 7pm/after 5pm
- Often presented as à la carte menu
- Costs less than full afternoon tea
- Customers only select what they want to eat

(Any relevant answer – max TWO marks for high tea) (2 × 2) (4)

- 3.3
- Well-trained staff/staff knows what to do✓
 - A satisfied client✓
 - Client needs are met✓
 - Efficiency✓ and good planning✓
 - All preparatory work will be done✓
 - Meeting of deadlines✓
 - A good booking or reservation system✓
 - Copies of plans and menu must be sent to all people who are involved✓
 - Ordered wines must be in stock✓ and at the correct temperature✓
 - Compiled menus within budget✓
 - Staff and equipment are allocated well✓
 - Banqueting manager must discuss all details with various departments before finalising booking with client✓
 - Must be able to serve food fairly quickly✓
 - Repeat business best indication of success✓ (Any relevant answer 6 × 1) (6)

- 3.4 3.4.1
 - This menu has a large number✓
 - and a wide selection✓ of dishes.
 - Each dish is individually priced✓
 - and customers can choose whatever they like.✓
 - Customers have to wait longer for their dishes to be cooked individually.✓
 - Food is semi prepped by the kitchen.✓
 - Different dishes have different cooking times.✓

(Any relevant answer – max THREE marks) (3)
- 3.4.2
 - This is the dish of the day
 - and is planned and written daily.
 - It is a dish offered as an alternative to the set main course menu items.
 - This dish lets the chef take advantage of food in season and special offers from suppliers.
 - Only a plate of the day.
 - It can be any meal, namely soup, fish, starter, salad, main, dessert.
 - It is selected on majority.
 - Might be an item that needs to be sold before expiry.
 - Chef may determine this dish.
 - It is only done for a specified time of day.

(Any relevant answer – max THREE marks) (3)
- 3.4.3
 - This is the menu of the day.
 - It is planned and written daily.
 - It is a menu offered as an alternative to the main menu. ✓
 - This menu lets the chef take advantage of food in season and special offers from suppliers.✓
 - Only a menu of the day.
 - It can be a sample menu of what the chef wants to offer/allow guests to experience.
 - It is selected on majority.
 - Might be an item that needs to be sold before expiry.
 - Chef may determine this menu.
 - It is only done for a specified day.

(Any relevant answer – max THREE marks) (3)

- 3.5
- Can refer to quantity of people
 - Pax/people as expected
 - Can refer to a place setting
 - What you set the table with
 - Menu determines the cover on the table
 - There are TWO main covers
 - Table d'hôte and à la carte covers
 - Many components make up a cover
 - Consists of cutlery
 - Customers' use at table
- (Any relevant answer 3 × 1) (3)
- 3.6
- 3.6.1
- dinner**✓ – written in small letters✓
menu✓ – written in small letters✓
MENU✓ – must be written above word 'dinner'✓
 There should be a space between **MENU**✓ and **DINNER**.✓
 The first letter of each word must be a **capital letter**.✓ Not **with** or **and**.
 The **date**✓ must be in the right-hand corner at the bottom.✓
Coffee✓ – very last on the menu before the date.✓
 Main course✓ – first the **Meat and sauce**,✓ then the **Starch (savoury wild rice)**✓ and then the **Vegetables**.✓
 After the main course, the **Dessert (Chocolate mousse trio)** is served.✓
 Spacing✓
 First letter capital✓✓ or centralised✓
 *Menu must be in correct sequence✓
 *Mark allocation strictly according to guideline✓
- (Any relevant answer 6 × 2) (12)
- 3.6.2
- Appetiser
 - Potage
 - Entrée
 - Mains
 - Dessert
 - Coffee
- (6)

3.7 Hors d'oeuvre:

Appetiser✓

Something to stimulate appetite✓

It is usually a cocktail/finger food✓

Is served at beginning of a function or meal✓

May also be served as a snack to guests at a function✓

Any example of hors d'oeuvre, e.g. canapés, bruschetta's, compound salads

(Any relevant answer – ONE mark only)

Entrée:

Is the first of the meat courses.✓

It is accompanied by vegetables✓

It is accompanied only with rich sauce✓

Elegantly garnished✓

It is small portions of meat, poultry or game✓ which is not roasted or grilled.✓

When an entrée is followed by a relevé,✓

it means enter what is offered on mains.✓

An example of entrée dish (only ONE mark allocated)✓

(Any relevant answer 2 × 2)

(4)

[50]**QUESTION 4**

- 4.1
- The wine list shows what alcoholic beverages are for sale for consumption at the table.✓
 - A list of wines offered at establishment.✓
 - Is a marketing tool.✓
 - Separation of different wines.✓
 - The aim of each licensed catering operation should be to persuade every customer to have something to drink with their meal,✓ since the profit margin on alcoholic drinks can be better than that of food sales.✓
 - The wine list, like the menu, can be seen as a marketing tool.✓
- (Any relevant answer 3 × 1) (3)

4.2 Advantages:

- Save time by removing daily or weekly task of compiling menus.
- You can produce the entire number of portions of each item to last the whole cycle.
- Give greater efficiency in time and labour.
- Help the chef with ordering, as the menu dishes will always be known in advance.
- Reduce waste.
- Can be weekly, seasonal, quarterly, or for a specified period.
- It is repeated – saves time with preparation. (Any relevant answer 2 × 1) (2)

Disadvantages:

- Caterer cannot easily take advantage of 'good buys' offered by suppliers on a daily or weekly basis.
- When used in establishments with a captive clientele, the cycle has to be long enough so that customers do not get bored with repetition of dishes.
- It may lack creativity.
- It's often determined as budget type of food. (Any relevant answer 2 × 1) (2)

- 4.3
- Banqueting booking form: The customer fills out this form as a written confirmation of the function.
 - Function prospectus: It details what is to be provided, what the customer wants. (4)

- 4.4
- Date and time
 - Number to be served
 - Where to assemble
 - Where to serve
 - Menu details
 - Plan of table
 - List of guests
 - Guest name
 - Guest details
 - Drinks: wines, liqueurs, spirit and whether pre-ordered or cash
 - Cigars and cigarettes
 - Any additional requests
 - Setup to be done
 - Equipment to be used
 - Cost centres (Any relevant answer 10 × 1) (10)

- 4.5
- Fresh fruit juice
 - Muesli with yoghurt
 - Crumbed hake
 - Scrambled eggs
 - Fried chicken livers
 - Grilled tomatoes
 - Raisin bread
 - Cheese and biscuits
 - Coffee (9)

- 4.6
- Guests must be able to eat the food standing, holding a plate in one hand.
 - All food must be eaten with a fork.
 - Most of the light buffet dishes can be included.
 - Consists of mostly food that does not require cutting and only using fork.
 - Individual meat pieces or cut-up pieces are served.
 - Fresh fruit, fish cocktail or consommé may be served as a starter.
 - Any dessert or sweets – must be able to eat with one hand. (Any relevant answer 3 × 2) (6)

- 4.7
- Pastry
 - Brioche
 - Bread
 - Tea
 - Coffee
 - Juice
 - Cereal
 - Yoghurt
 - Fruit
 - Cheese
 - Cold meats or cold fish
 - Pancakes
 - Waffles
- (Any relevant answer 6 × 1) (6)
- 4.8
- 4.8.1
- Small, dainty food
 - Can be served as an appetiser
 - Toasted bread in variety of shapes
 - Has fancy toppings/decorative topping
 - Savoury topping
 - Served with drinks at a function
- (Any relevant answer 2 × 1) (2)
- 4.8.2
- Formerly known as a Dutch sauce
 - Served warm/hot
 - Served immediately
 - Cannot be reheated, as it may curdle
 - Served often with poached eggs/Eggs Florentine or Benedict
 - Consists of egg yolk, butter, citric acid
 - One of the mother sauces in culinary world
- (Any relevant answer 2 × 1) (2)
- 4.8.3
- Is a béchamel sauce with cheese
 - Gruyère/Emmental/white Cheddar cheese often used✓
 - Cheese sauce
 - Use this sauce in au gratin
 - Use this sauce with pasta
- (For any example of appropriate dish used, allocate ONE mark.)
- (Any relevant answer 2 × 1) (2)
- 4.8.4
- Long, thin slice of meat/fish
 - Tightly rolled
 - Stuffed/filled
 - Often meats are cooked in sauce/poached
 - Very popular French cuisine
 - Can be described as a roulade
- (Any relevant answer 2 × 1) (2)
- [50]**

TOTAL SECTION B: 150
RAND TOTAL: 200

