



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

14 November 2022

This marking guideline consists of 8 pages.

SECTION A**QUESTION 1**

1.1	1.1.1	A	(20 × 1)	(20)
	1.1.2	D		
	1.1.3	C		
	1.1.4	D		
	1.1.5	C		
	1.1.6	B		
	1.1.7	D		
	1.1.8	B		
	1.1.9	D		
	1.1.10	A		
	1.1.11	C		
	1.1.12	B		
	1.1.13	D		
	1.1.14	A		
	1.1.15	A		
	1.1.16	C		
	1.1.17	A		
	1.1.18	B		
	1.1.19	C		
	1.1.20	A		
1.2	1.2.1	False	(10 × 1)	(10)
	1.2.2	False		
	1.2.3	True		
	1.2.4	True		
	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	Protein	(10 × 1)	(10)
	1.3.2	Digestion		
	1.3.3	Iron		
	1.3.4	Dinner		
	1.3.5	Margarine		
	1.3.6	Function order form		
	1.3.7	Gelatinisation		
	1.3.8	Vitamin C/Vitamin B1		
	1.3.9	Absorption		
	1.3.10	Iodine		

1.4	1.4.1	D
	1.4.2	J
	1.4.3	A
	1.4.4	E
	1.4.5	I
	1.4.6	B
	1.4.7	C
	1.4.8	F
	1.4.9	G
	1.4.10	H

(10 × 1) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

- 2.1
- Heat - dry or moist heat
 - Exposure to air
 - An alkali such as bicarbonate of soda causes vitamin C to be oxidized.
 - It dissolves in water and therefore as little water as possible should be used during cooking.
 - Bruising causes loss of vitamin C. (Any 3 × 1) (3)
- 2.2
- 2.2.1
- Provide the body with most of its energy✓
 - Provides bulk to food ✓
 - Promote peristalsis✓
 - Prevent diseases such as diabetes,✓ constipation,✓ colon cancer,✓ dental caries.✓ (Any 3 × 1)
- 2.2.2
- Builds strong bones and teeth.✓
 - Helps to clot blood after an injury.✓
 - Milk products contain riboflavin. ✓
 - Riboflavin, also called vitamin B₂ helps with energy and metabolism.✓
 - Required for the correct functioning of muscles✓ and nerves.✓ (Any 3 × 1)
- 2.2.3
- Gives red blood cells their colour.✓
 - Transports oxygen✓ around the body to every cell.✓
 - Examples of iron found in food: Liver,✓ kidney,✓ kale,✓ corned beef,✓ spinach,✓ cocoa,✓ chocolate,✓ wholemeal flour.✓ (Any 3 × 1)
- (3 × 3) (9)
- 2.3
- Incomplete proteins are lacking in one or more essential amino acids.✓
 - They cannot promote growth✓
 - or repair tissue.✓
 - Examples are gelatine✓ and zein in maize.✓ (Any 3 × 1) (3)

- 2.4 2.4.1 • Lard
• Suet
• Dripping
• Butter
• Bacon
• Ghee
• Cream (Any 6 × 1) (6)
- 2.4.2 • Sunflower oil
• Salad oil
• Olive oil
• Margarine
• Spreads
• Oily fruits
• Orley whip (Any 6 × 1) (6)
- 2.5 • 15 ml RDA
• Unsaturated or plant oils are preferable (2 × 1) (2)
- 2.6 • Change the consistency to liquid or a soft diet.
• Increase or decrease the energy values.
• Increase or decrease specific nutrients, e.g. fat, protein or low salt.
• Increase or decrease roughage (fibre).
• Exclude specific foods that cause allergic reactions.
• Provide foods bland in flavour. (Any 6 × 1) (6)
- 2.7 2.7.1 • Color
• Texture
• Consistency
• Shape
• Aroma
• Flavour and taste
• Temperature (7)
- 2.7.2 • Fried steak/fried potatoes – duplication/repetition of cooking method - frying
• Garlic mushrooms/garlic bread – duplication/repetition of flavour
• Creamed mushrooms/mushroom sauce – duplication/repetition of consistency
• Pasta salad/garlic bread/fried potatoes - not balanced, only starch
• Not balanced, no vegetables
• Creamed garlic mushrooms/waffles with cream - cream is duplicated - repetition
• Toast/garlic bread – repetition
• Too much starch on the menu (Any 8 × 1) (8)
- [50]**

QUESTION 3

- 3.1 3.1.1
- Analyse the popularity of the dishes on the current menu.✓
 - Only popular dishes should be considered.✓
 - Customers' demands✓/feedback✓ should be considered when compiling the menu.✓
 - Traditional✓ or modern trends✓ should be taken into account.✓
- (Any 4 × 1) (4)
- 3.1.2
- Be aware of what is offered by competitors.✓
 - Know what is on their menu,✓ the prices✓ and the quality of food.✓
 - Offer a menu quite different✓
 - with better quality food✓ and if necessary better prices.✓
- (Any 4 × 1) (4)
- 3.2 3.2.1 Lunch is served in the afternoon between 12:00✓ and 14:00.✓
- 3.2.2 This is one of the most convenient✓ and easiest ways to entertain.✓ Each guest serves himself/herself✓ and it can be a finger✓ or fork buffet.✓
- (Any 2 × 1)
- 3.2.3 This is a combination✓ of breakfast and lunch✓ usually served after nine o'clock and before noon.✓
- (Any 2 × 1)
- 3.2.4 Dinner is served in the evening✓ and is usually a formal meal.✓
- 3.2.5 Just as dinner, supper is served in the evening,✓ but it is a less formal meal,✓ usually not more than three courses.✓
- (5 × 2) (10)
- 3.3 3.3.1 Smoked salmon
- 3.3.2 Baby marrow or zucchini
- 3.3.3 Sirloin steak
- 3.3.4 Ham
- 3.3.5 Coffee with milk
- 3.3.6 Mushrooms
- (6 × 1) (6)
- 3.4 3.4.1
- The word MENU does not appear on top.
 - The type of meal, DINNER, is not stated at the top under MENU.
 - The courses should appear in the order in which they are served, ending with the beverage.
 - Definite spaces should separate the various courses.
 - Foods served together must be grouped together.
 - List the most important dish first, usually the protein.
 - Vegetables may be centered or written either side of the centre under the main dish.
 - The first letter of each item should be a capital letter.
 - The menu must be dated at the bottom or top.
- (Any 6 × 1) (6)

3.4.2

MENU✓
DINNER✓
Cream of butternut soup✓
Grilled lamb cutlets with mint sauce✓
Parsley potatoes ✓ Glazed carrots✓
Broccoli mornay✓
Berry trifle✓
Coffee✓
2020-11-19✓

(10)

Mark allocation strictly according to guideline. 2 marks for two of the following:

- Spacing
- First letter capital
- Menu centred
- Menu must be in correct sequence

(2)

3.5 3.5.1

- Fresh fruit,✓ fruit juices✓
- Cereals,✓ porridge✓
- Smoked fish, kedgeree✓
- Eggs cooked in a variety of ways,✓ bacon,✓ sausages,✓ tomatoes,✓ mushrooms✓
- Toast,✓ rolls,✓ croissants✓ with preserves✓
- Coffee or tea✓

(Any 4 × 1)

(4)

3.5.2

- Fruit✓ or fruit juice✓
- Rolls✓, croissants✓ with jams✓ and preserves✓
- Coffee✓ or tea✓
- Cheese✓/cold meats✓/yogurt✓/cereals✓

(Any 4 × 1)

(4)

[50]**QUESTION 4**

4.1 4.1.1

- The menu
- The manager of the dining room
- The head waiter taking a lead role

(3)

4.1.2

- The wine list shows the alcoholic beverages that are for sale for consumption at the table.✓
- The wine complements the meal✓ and can enhance the flavours of a dish.✓
- More customers are attracted through a wine list.✓
- The aim of a licensed catering operation is to offer customers something to drink with their meal.✓
- It assists the firm financially,✓ as the profit margin from alcoholic drinks can be more than from food sales.✓
- The wine list like the menu can be seen as a tool of marketing.✓
- It can change a meal to an occasion.✓

(Any 6 × 1)

(6)

- 4.2
- Hors d'oeuvre
 - Soup
 - Fish
 - Entrée
 - Main course
 - Cheese
 - Dessert
- (7)
- 4.3
- Spread the calories fairly evenly through the day.
 - Provide protein twice a day.
 - Fruit and vegetables should be available, 4 fresh portions a day.
 - Incorporate high fibre cereals where possible, e.g. wholemeal bread and pasta, brown rice.
 - Reduce fat consumption – bake or grill rather than fry and use unsaturated fats.
 - Use minimum of salt in cooking.
 - Let their appetite determine the energy producing food requirements.
- (7)
- 4.4
- Use small meat scraps for stock,✓ sauces,✓ soups,✓ pates,✓ creamed dishes✓ or croquettes.✓
 - Use larger meat trimmings for stews.✓
 - Use bones for stocks✓ and soups✓ or sauces.✓
 - Use vegetable trimmings for purees,✓ soups,✓ stews,✓ stocks,✓ filling for omelettes✓ and crepes.✓
 - Use day-old bread for stuffings,✓ French toast,✓ bread and butter pudding,✓ bread sauce✓ or croutons.✓
- (Any 5 × 2) (10)
- 4.5
- 4.5.1 Dispatch list
- 4.5.2 Banquet booking form
- 4.5.3 Function prospectus
- 4.5.4 Letter of quotation
- (4 × 1) (4)
- 4.6
- 4.6.1 Canteen menu
- Light meals and snacks
 - are served from a counter.
 - Waiters encourage guests with the selections.
 - The counter displays the food choices.
- (Any 3 × 1)
- 4.6.2 Room service menu
- Guests may order light meals
 - to be served in their hotel room.
 - Menu is provided in the guest's room.
 - Orders are given over the phone
 - and food is delivered to the hotel room.
- (Any 3 × 1)
(2 × 3) (6)

- 4.7
- Efficiency and good planning.✓
 - A good booking system✓ or reservation system.✓
 - Copies of plans✓ and menu✓ must be sent out to all people who are involved,✓ e.g. the kitchen, cellar, maintenance and the front office.✓
 - The ordered wines must be in stock✓ and at the correct temperature.✓
 - The menu must be compiled within the scope✓ and possibilities of the available stock of the establishment,✓ staff✓ and equipment.✓
 - The banqueting manager must discuss all the details with the various department managers,✓ before finalising the booking with the client.✓
 - The food which will be prepared for a large number of people must be dressed in such a way that it can be served fairly quickly✓ and should be avoided when serving for a large number of people.✓
 - Heavy garnishes should be avoided.✓
 - Deep-fried foods deteriorate quickly✓ and should be avoided when serving a large number of people.✓
- (Any 7 × 1)

(7)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200