

072106T4FBC

FOOD PRODUCTION (CULINARY ARTS TECHNICIAN) LEVEL 6

HOS/OS/FP/CR/01/6/A

PREPARE FOOD ACCOMPANIMENTS

July /August 2024



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION COUNCIL
(TVET CDACC)**

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO THE CANDIDATE:

1. Marks for each question is indicated in brackets.
2. This paper consists of **TWO** sections: **A** and **B**.
3. Answer all question in section **A** and **B**.
4. You are required to provide your responses in the provided answer booklet.
5. Do no write in this question paper.

This paper consists of THREE (3) printed pages.

**Candidates should check the question paper to ascertain that
All pages are printed as indicated and that no questions are missing.**

SECTION A: (40 MARKS)

Answer ALL Questions in this section

1. A number of kitchen preparation activities are carried out every morning upon a cook's arrival in the kitchen. Identify **four** activities carried out before the production of food accompaniments.
(4 marks)
2. Different methods are used for storing and rotating food items in the store. Explain the meaning of FIFO.
(2 marks)
3. As a rule of thumb, a cook must always properly weigh ingredients. State **three** reasons for correct weighing of ingredients for preparing food accompaniments.
(3 marks)
4. During food preparation, ingredients are cleaned thoroughly. Highlight any **three** reasons for this.
(3 marks)
5. Different substances can be used to clean vegetables in the kitchen. Identify **three** of them.
(3 marks)
6. Different knives are used for various cutting tasks in the kitchen. Identify **four** knives that a cook can use when preparing food accompaniments.
(4 marks)
7. A cook determines the cooking method to be used on each food. State **four** factors that are considered when choosing the cooking method for a food accompaniment.
(4 marks)
8. When dispensing food from the kitchen, it must be garnished. State **four** reasons for garnishing food.
(4 marks)
9. Each catering establishment comes up with their own standard portion sizes for all menu items. List **four** reasons for this.
(4 marks)
10. Food must always be served in the correct temperature. Highlight **three** negative effects of serving food at incorrect temperatures.
(3 marks)
11. Nutrient retention is very important when cooking food. State **three** ways of retaining nutrients when preparing and cooking vegetables.
(3 marks)
12. Proteins are crucial elements of every dish. Outline **three** functions of proteins in the body.
(3 marks)

SECTION B: (60 MARKS)

Answer any THREE Questions from this section

13. Vegetables can be professionally cut and used to prepare food accompaniments and for garnishing.
- Explain **five** factors to consider when selecting garnishes for food accompaniments. (10 marks)
 - Describe **five** vegetable cuts that can be used by a chef when preparing food accompaniments in the kitchen. (10 marks)
14. As a food and beverage production professional, you have been invited the by the executive chef of Modka Restaurant to brief his staff on menu compilation and food hygiene. As part of your preparation:
- Describe **three** adaptations of table d'hôtel menus. (6 marks)
 - Highlight **four** features of a presentable menu. (4 marks)
15. In order to efficiently apply various cooking methods when preparing food accompaniments, it is necessary that the catering establishment invests in various kitchen equipment.
- Describe **three** classifications of kitchen equipment and give an examples of each case. (6 marks)
 - Discuss **seven** cooking methods you would employ when preparing meals for patients. (10 marks)
16. In order to adhere to the HACCP standards, it is recommended that storage conditions are monitored for preservation of the nutritional value of vegetables.
- Differentiate between macronutrients and micronutrients. (4 Marks)
 - Explain **three** types of food storage. (6 marks)
 - Explain **five** ways of classifying vegetables. (10 marks)

THIS IS THE LAST PRINTED PAGE