



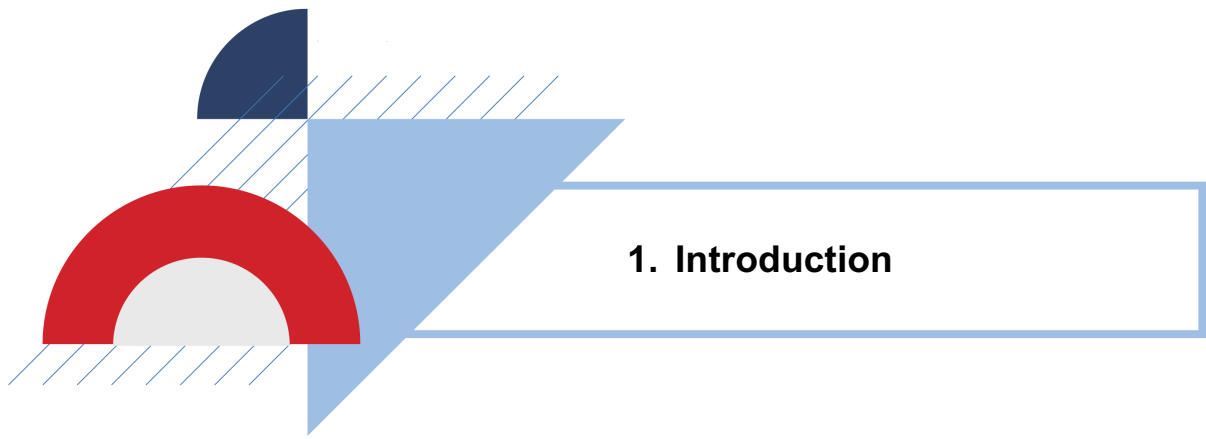
Hospitality studies

× × × **FOOD COMMODITIES**
× × **SELF STUDY GUIDE**
× **BOOKLET 2**



TABLE OF CONTENTS		PAGE
1.	Introduction	4
2.	How to use this self-study guide	5
3.	Topic FOOD COMMODITIES	
3.1	Desserts	6
	3.1.1 Notes/Summaries/Key concepts	7
	3.1.2 Activities	12
	3.1.3 Marking Guideline for activities	14
	3.1.4 Examination guidance (Topic specific)	15
	3.1.5 Study and Examination Tips	19
3.2	Gelatin	22
	3.2.1 Notes/Summaries/Key concepts	23
	3.2.2 Activities	28
	3.2.3 Marking Guideline for activities	31
	3.2.4 Examination guidance (Topic specific)	33
	3.2.5 Study and Examination Tips	37
3.3	Preserved food	40
	3.3.1 Notes/Summaries/Key concepts	41
	3.3.2 Activities	48
	3.3.3 Marking Guideline for activities	50
	3.3.4 Examination guidance (Topic specific)	51
	3.3.5 Study and Examination Tips	54
3.4	Vegetarian	55
	3.4.1 Notes/Summaries/Key concepts	56
	3.4.2 Activities	61
	3.4.3 Marking Guideline for activities	63
	3.4.4 Examination guidance (Topic specific)	65
	3.4.5 Study and Examination Tips	67
3.5	Pastry	69
	3.5.1 Notes/Summaries/Key concepts	70
	3.5.2 Activities	77
	3.5.3 Marking Guideline for activities	79
	3.5.4 Examination guidance (Topic specific)	81
	3.5.5 Study and Examination Tips	83

3.6	Meat	84
	3.6.1 Notes/Summaries/Key concepts	85
	3.6.2 Activities	93
	3.6.3 Marking Guideline for activities	95
	3.6.4 Examination guidance (Topic specific)	97
	3.6.5 Study and Examination Tips	101
4.	General Examination	103
5.	Glossary	109
6.	Reference	114
7.	Acknowledgements	121



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.

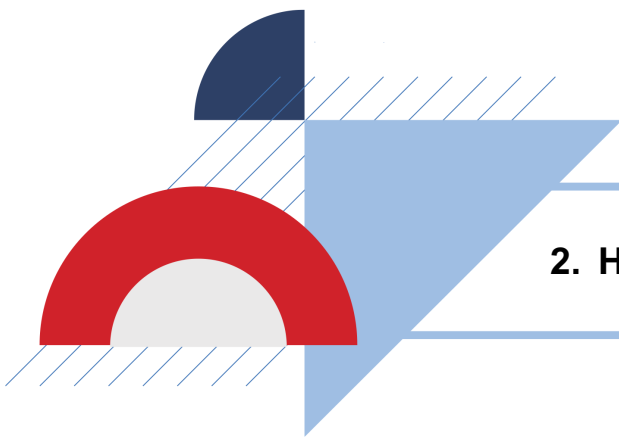
The main aims of this study guide is to:

- *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.



2. How to use this self-study guide

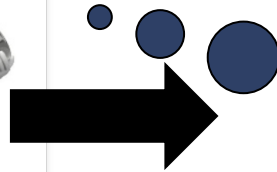
- Explain use of this book

<p>Booklet 2</p> 	<p>Key concepts</p> <p>This icon will draw your attention to the key concepts we are using in this study guide</p> <p>Notes/ Summaries</p> <p>This icon will draw your attention to the notes & summaries which you need to study</p>
	<p>Activities</p> <p>This icon refers to the activities that you must complete to test your understanding of the content you studied</p>
	<p>Tips</p> <p>This icon refers to tips we are sharing with you to better understand the content or activities</p>
	<p>Marking Guidelines</p> <p>This icon refers to the section with possible answers for the activities and how best to have answered the activities.</p>
	<p>Exam practise questions</p> <p>This icon refers to questions from past examination papers you can additionally use to prepare for the topic.</p>

3.1 Desserts



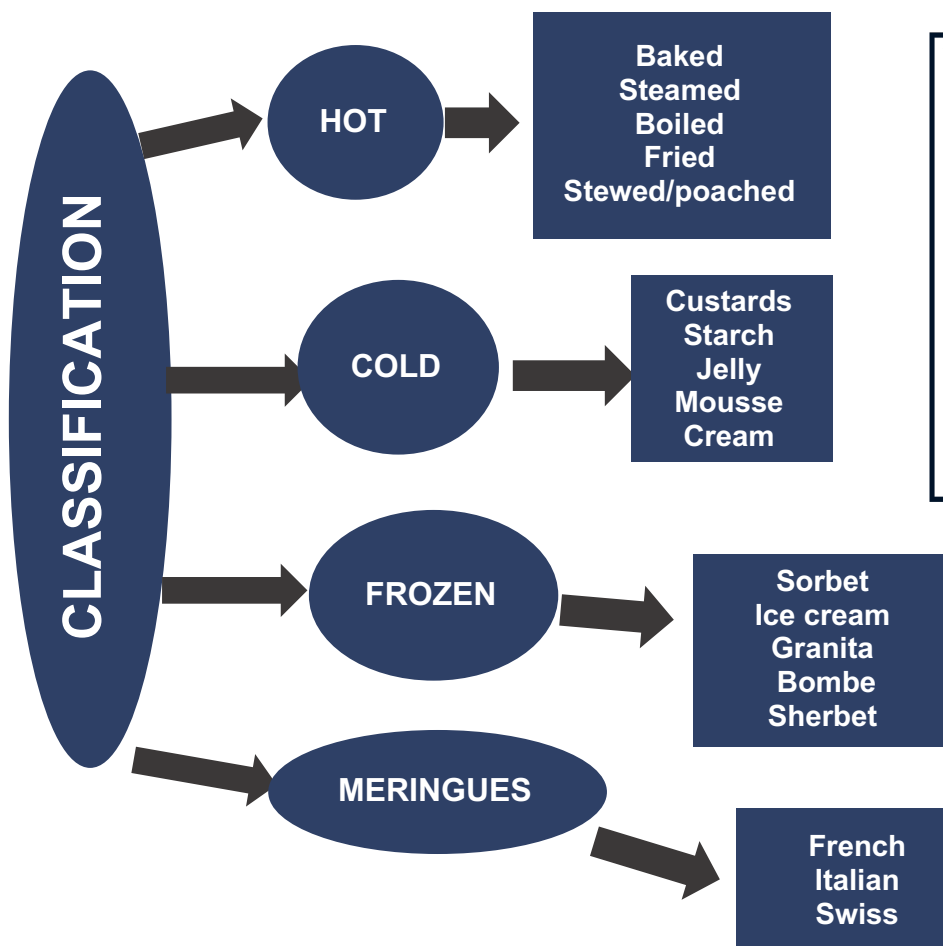
3.1.1 NOTES/SUMMARIES/KEY CONCEPTS



- Nutritional Value
- Classification
- Techniques
- Quality characteristics
- Presentation
- Storage

TERMINOLOGY

Dusting	Creaming	Crème Chantilly
Bain Marie	Moulding	Coulis
Temper	Unmoulding	Compote
Ganache	Caramelising	Puréeing



DID YOU KNOW?

Desserts belong to the fats, oils, and sweets food group. They are high in sugar, starch, and fats. Depending on the type of dessert they also provide proteins, vitamins, and minerals

• HOT DESSERTS •

• BAKED •



Source: alsothecrumbplease.com

Bread and Butter Pudding

Egg custard made from milk, eggs and sugar poured over buttered bread, sprinkled with dried fruit.

• STEAMED •



Source: westoftheloop.com

Steamed pudding

Batter steamed in moulds in a steamer or big pot with water. Turned out before serving.

• BOILED •



Source: Stay at Home Mum

Sago / Tapioca Pudding

Boiled in milk. Mixture placed in pie dish, dotted with butter or lightly browned under the grill.

• POACHING/STEWING •



Source: bbcgoodfood.com

Poached pears

Fruit is stewed/poached in a syrup.

• FRIED •



Source: bakingamoment.com

Crêpe Suzette

Rich, thin pancakes
Orange sauce is poured over.
Flambéed with brandy.

COLD DESSERT

CUSTARDS

STIRRED



Source: queenketo.com

Crème Anglaise

Egg yolks, milk, sugar cooked in a bain marie until it coats the back of a spoon.



Source: thespruceeat.com

Crème Pâtissière

Eggs, milk and sugar, thickened with starch and boiled until it thickens.



Source: finecooking.com

Crème Caramel

Egg custard baked over a layer of caramelised sugar. Unmoulded.



Source: dissapore.com

Crème Brûlée

Rich egg custard topped with a crust of caramelised sugar. Not unmoulded.

JELLIES

Fruit set in jelly

Gelatine based with fruit, fruit juice/wine.



Source: 123RF

Panna cotta

Gelatine based made with milk or cream.



Source: goodto.com

CREAMS

Bavarian cream is also known as Bavaois.

Hydrated gelatine is dissolved into hot egg custard Once cooled whipped cream is folded in.



Source: foodies.co.uk

Charlotte Russe

Lined with finger biscuits, Bavarois filling.



Source: community.today.com

Charlotte Royal

Lined with Swiss roll slices and Bavarois filling

Granita



Source: bbcgoodfood.com

Similar to sorbet but grainier and crunchier.

Sorbet



Source: biggerbolderbaking.com

Water ice, fruit juice, puree, or wine base. No milk.

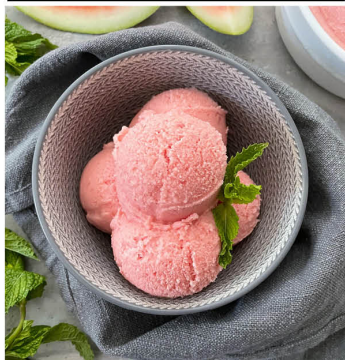
Ice Cream



Source: simplyrecipes.com

High fat, creamy, smooth churned during freezing.

Sherbert



Source: espressoandlime.com

Less than 2% milk fat.
Fruit juice base.
Milk and egg whites are used.

FROZEN

Parfait



Source: naturallysweetkitchen.com

Ice cream served in alternate layers of topping and sauce in a long slender glass.

Sundae



Source: nibbleanddine.com

Ice cream and fruit coated with syrup. Served in a coupe.

Bombe



Source: taste.com

Layers of ice cream shaped in a dome.

Banana Split



Source: biggerbolderbaking.com

Banana Split

Banana cut lengthways with three scoops of ice cream, topped with whipped cream.

● MERINGUES ●

Beaten egg whites with sugar

Amount of sugar determines the texture of the meringue

Soft meringue

Low sugar content. Used in mousses and souffles and used as topping for Baked Alaska, Lemon meringue.

Hard meringue

Equal parts egg white and sugar. Used for Vacherin, Pavlova.

3 types

1. French meringue

- Egg whites beaten to soft peaks
- Sugar is gradually added, while beating
- Mixture spread or piped and baked



Source: bakefromscratch.com

2. Italian meringue

- Egg whites are beaten until soft peaks form
- A hot sugar syrup is slowly added while beating
- Mixture is spread or piped and baked



Source: Australia's best recipes

3. Swiss meringue

- Egg whites and sugar are heated in a bain marie until sugar is dissolved
- Mixture is removed from heat and whipped until stiff peak
- Mixture is spread or piped and baked



Source: laurencariscooks.com

Products

PAVLOVA (hard)



VACHERIN (hard)



BAKED ALASKA (soft)



LEMON MERINGUE (soft)



DID YOU KNOW?

FACTORS AFFECTING FOAMING ABILITY OF THE EGG WHITES

- All equipment must be free of fat
- Egg whites must have no traces of egg yolks
- Egg whites must be at room temperatures
- Add cream of tartar or lemon juice

QUALITY CHARACTERISTICS

CUSTARDS	Thick, smooth texture, no lumps.
EGG BASED	Mousse: light and airy. Meringues: crispy and light.
GELATIN BASED	Light and smooth.
FRUIT BASED	No pips, fruit must not be overcooked.
FROZEN	Smooth texture, rich.

PRESENTATION

Glaze: Thin coating of syrup/apricot jam brushed, poured, or drizzled onto food for a shiny appearance.

Sauces: coulis, syrups, custard sauces.

Garnishes: tuiles, fresh fruit, edible flowers, spirals.

Spun sugar: flicking caramel sugar over a wooden spoon for long fine hairy threads.

TOPPING

Spooned/piped



Source: sallysbakingaddiction.com

FILLING

Mixture is poured in crust or meringue shell

BASE

Foundation e.g., crust, meringue shell, sponge cake.

STORAGE CONDITIONS

- Refrigerate.
- Meringues without fillings: airtight container.
- Cake and pancakes: freezer.
- Ice creams: freezer.

TRADITIONAL DESSERTS

1. **Traditional pancakes (pannekoek):** served with cinnamon sugar, and lemon can be squeezed over.
2. **Christmas pudding:** made from dried fruits, could be flambéed served with custard or brandy sauce.
3. **Sago pudding (melkkos)**
4. **Bread and butter pudding**
5. **Malva pudding**
6. **Crêpe suzette**



3.1.2 ACTIVITIES





ACTIVITY 1

- 1.1 Choose a dessert from COLUMN B that matches a cooking method in COLUMN A. Write only the letter (A–G) next to the question number (1.1.1–1.1.5) in your WORKBOOK, for example 1.1.6 H.

COLUMN A COOKING METHOD	COLUMN B DESSERTS
<p>1.1.1 Poaching</p> <p>1.1.2 Baking</p> <p>1.1.3 Deep fat frying</p> <p>1.1.4 Stewing</p> <p>1.1.5 Shallow frying</p>	<div data-bbox="738 887 1066 1133"> <p>A</p> </div> <div data-bbox="1074 887 1374 1133"> <p>B</p> </div> <div data-bbox="738 1167 1066 1379"> <p>C</p> </div> <div data-bbox="1074 1167 1374 1379"> <p>D</p> </div> <div data-bbox="738 1413 1066 1637"> <p>E</p> </div> <div data-bbox="1074 1413 1374 1637"> <p>F</p> </div> <div data-bbox="738 1659 1066 1895"> <p>G</p> </div>

(5)

1.2 Identify the following desserts:

<p>A</p>  <p>Source: recipedose.com</p>	<p>B</p>  <p>Source: liliebakery.fr</p>	<p>C</p>  <p>Source: epicurious.com</p>	<p>D</p>  <p>Source: bbcgoodfood.com</p>
--	--	---	---

(4)

1.3 Differentiate between the preparation methods of meringues:

(a) Swiss Meringue

(b) Italian Meringue

(2)

1.4 Provide ONE characteristic regarding texture for each of the following desserts.

(a) Mousse

(b) Granita

(c) Custard

(3)



3.1.3 MARKING GUIDELINE FOR ACTIVITIES

ACTIVITY 1

- 1.1
- 1.1.1 F ✓
- 1.1.2 C ✓
- 1.1.3 B ✓
- 1.1.4 A ✓
- 1.1.5 G ✓ (5)
- 1.2 A- Baked Alaska ✓
B- Pavlova ✓
C- Panna cotta ✓
D- Crème Brûlée ✓ (4)
- 1.3 (a) Swiss Meringue: Egg whites and sugar are heated in a bain marie ✓ until sugar is dissolved. ✓ (Any 1) (1)
(b) French Meringue: Egg whites are beaten until soft peaks form. ✓
A hot sugar syrup is slowly added while beating until stiff peaks form. ✓ (1)
(Any 1)
- 1.4 (a) **Mousse**: light / fluffy / airy. ✓ (Any 1) (1)
(b) **Granita**: grainy, crunchy. ✓ (1)
(c) **Custard**: thick, smooth / not lumpy. ✓ (1)



3.1.4 EXAMINATION GUIDANCE *DESSERTS*

EXAMINATION TIPS FOR THIS TOPIC

- Integrate the knowledge obtained during practical lessons and theory to better answer the questions during examination.
- Understand the classification of desserts.
- Use pictures to identify desserts.

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 – 1.1.2) in your WORKBOOK.

1.1.1 The technique of pouring warm brandy over Crêpes Suzette and setting it alight is called ...

- A frappé.
- B fromage.
- C flambé.
- D fumet.

(1)

1.1.2 The method used to make a meringue by adding sugar syrup to egg whites:

- A Alaskan
- B Swiss
- C French
- D Italian

(1)

1.2. MATCHING ITEMS

Choose the most suitable description in COLUMN B and the classification in COLUMN C that matches the name of the dessert in COLUMN A. Write only the letter (A–G) and the numeral (i–vii) next to the question numbers (1.2.1 to 1.2.5) in your WORKBOOK, e.g., 1.2.6 H, viii.

COLUMN A TERM	COLUMN B DESCRIPTION	COLUMN C CLASSIFICATION
1.2.1 Compote	A Sweetened mixture of milk and eggs baked and topped with a layer of caramelised sugar	i fried desserts
1.2.2 Crème Brûlée		ii fruit-based desserts
1.2.3 Sago pudding	B Malayan dessert dotted with butter and lightly browned in the oven. Also known as melkkos	iii starch-based dessert
1.2.4 Fritters		iv cream dessert
1.2.5 Chiffon	C Round meringue base filled with ice cream or whipped cream and fresh fruit	v baked custard
	D A light, frothy mixture made with egg custard, gelatin and whipped cream	vi milk jellies
	E Fresh or cooked fruit dipped in a batter before cooking	vii sponge-based hot dessert
	F Whipped egg whites folded into a thickened egg custard or fruit puree	
	G Fresh or dried fruit cooked in a sugar syrup	

(5 x 2) (10)

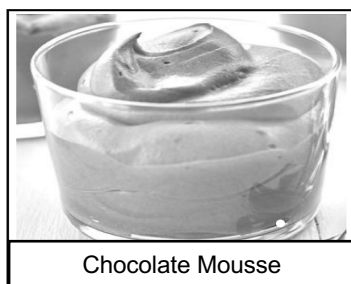
1.3 ONE-WORD ITEMS

Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (1.3.1 – 1.3.2) in your WORKBOOK.

- 1.3.1 The process where melted chocolate is handled in such a way to ensure the maximum gloss and correct texture. (1)
- 1.3.2 A crisp, hard meringue shell used as a base for fruit and ice cream. (1)

LONG QUESTIONS

2.1 Study the dessert below and answer the questions that follow:



2.1.1 Discuss THREE factors that will influence the foaming ability of the egg white used in the chocolate mousse. (3)

2.1.2 Predict the outcome of the chocolate mousse if the chocolate used in the preparation of the mousse was overheated during melting. (2)

2.2 Study the following statement and answer the questions that follow:

Malva pudding is a traditional South African dessert usually served with stirred egg custard.

2.2.1 (a) Give the classification of the malva pudding. (1)

(b) Describe this dessert briefly. (2)

2.2.2 Distinguish between stirred egg custard and baked custard. Redraw the table below in your WORKBOOK and tabulate your answer as follows.

STIRRED EGG CUSTARD	BAKED CUSTARD
(1)	(1)
(1)	(1)

(4)

- 3.3 Differentiate between a *baked Alaska* and *Pavlova* regarding the aspects listed in the table below. Tabulate the answer in your WORKBOOK as follows:

	BAKED ALASKA	PAVLOVA
Ratio of egg whites: sugar	(1)	(1)
Components used to assemble each dessert:		
(a) Base	(a)	(a)
(b) Filling	(b)	(b)
(c) Topping	(c) (3)	(c) (3)

(8)

TOTAL [34]



3.1.5 MARKING GUIDELINES

1.1 MULTIPLE CHOICE QUESTIONS

- 1.1.1 C flambe ✓ (1)
1.1.2 D Italian ✓ (1)

1.2. MATCHING ITEMS

- 1.2.1 G ✓ ii✓
1.2.2 A ✓ v✓
1.2.3 B ✓ iii✓
1.2.4 E ✓ i✓
1.2.5 F ✓ iv✓ (10)

1.3 ONE-WORD ITEMS

- 1.3.1 Tempering ✓ (1)
1.3.2 Vacherin ✓ (1)

LONG QUESTIONS

2.1.1 The egg whites will NOT foam/foaming will be prevented when:

- plastic mixing bowls are used. ✓
- the equipment is greasy and full of fat. ✓
- there are traces of egg yolk in the white. ✓
- the eggs were not at room temperature. ✓
- older eggs will not give proper foaming properties / watery egg white. ✓ (3)

Improving foaming:

- copper mixing bowls cause catalytic reaction which helps to produce a stable foam. ✓
- acid e.g., lemon juice and cream of tartar increases foaming ability. ✓
- using fresh eggs. ✓
- round shaped mixing bowls / fine wired whisks. ✓ (Any 3) (3)

- 2.1.2 - If chocolate becomes too hot, it will become grainy / crumbly✓ and scorch / burnt taste. ✓
- Mousse won't have a smooth texture✓/ it will be lumpy/ the mousse might be runny with lumps in. ✓
- The final product will lose flavour ✓shine ✓and the colour will be dark. ✓ (2)
- (Any 2)

- 2.2.1 (a) Hot dessert✓ (1)
- (b) A warm/ baked sponge-based✓with sweetened/sugar✓cream and butter sauce✓ poured over the sponge. ✓ (Any 2) (2)

2.2.2

STIRRED EGG CUSTARD	BAKED CUSTARD
- Cooked on top of the stove/use indirect steam/bain-marie / double boiler✓	- Cooked in a bain-marie / water bath in the oven ✓
- Should be stirred constantly✓	- No stirring ✓
- Runny consistency✓	- Set – could be unmoulded ✓
- Can be used as a sauce/ /base/ accompaniment for other dish✓ (Any 2)	- Is eaten as a dish ✓ (Any 2)

(4)

2.3

	BAKED ALASKA	PAVLOVA
Ratio of egg whites: sugar	1:1 ✓ Equal quantities (1)	1:2 ✓ Double the amount of sugar to egg whites (1)
Components used to assemble each dessert:	(a) Base: Sponge cake ✓	(a) Base: Meringue ✓
	(b) Filling: Ice cream ✓	(b) Filling: Cream / Mascarpone / fruit curd ✓
	(c) Topping: Meringue ✓ (3)	(c) Topping: Fruit/any fruit ✓ (3)

(8)

TOTAL [37]

3.2 GELATIN



3.2.1 NOTES/SUMMARIES/KEY CONCEPTS



- Characteristics and types available
- How to use gelatin
- Handling of gelatine mixtures
- Factors influencing gel formation
- Factors to ensure successful products

TERMINOLOGY

Clarifying	Aspic
Dispersion	Gelation
Hydration	Enzymes
Proteolytic enzymes	Agar-agar

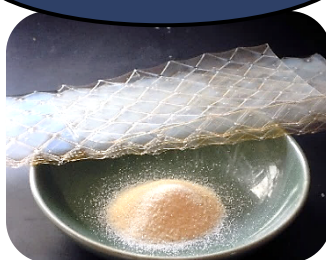
TYPES OF GELATIN

Vegan gelatin type **Agar-agar** – gum derived from seaweed



Source: organicchoice.co.za

Sheets and powder



Source: allrecipes.com

PROPORTION:

- four times cold liquid to gelatin
- OR**
- 62,5 ml liquid to 15 ml gelatin

POWDERED GELATIN –

sprinkled over cold liquid – left to stand for two minutes / longer to **ABSORB** liquid and **SWELL**

PHASES OF GELATIN

Gelatin **SHEETS** must first be soaked in cold liquid to **ABSORB** liquid and **SOFTEN**

1. HYDRATION / SPONGING BLOOMING & SWELLING



DID YOU KNOW?

- If BASE is TOO COLD – may set into strings.
- Gelatin should NOT BOIL - it scorches easily & loses

1. Adding hydrated gelatin DIRECTLY to a HOT liquid or base

HYDRATED GELATIN – melted to become a liquid

2. Melting the hydrated gelatin OVER STEAM (a hot water bath / Bain Marie) OR melting it in the microwave for few seconds

2. DISPERSION



Source:howtocakethat.com



Source:stockfood.com



Mousse

Source: leafgelatine.com

Gelatin mixture is placed in the refrigerator to SET or form a SOLID GEL

3. SETTING / GELATION

The process is SLOW and should not be hurried



Jelly

Source: us.kiwilimon.com



Panna cotta

Source: thefeedfeed.com

DID YOU KNOW?

Aspic is a savoury jelly made with a clear stock which is set with gelatin

Increase the **THICKNESS** of liquids when whipped cream is used

As a **FOAM** – Beat gelatin before it sets – beaten egg white / whipped cream can be added and it is known as a **sponge**

USES OF GELATIN

As a **SETTING** agent

- Any liquid e.g., cottage cheese and custard transformed to a delicious dish
- Meat and vegetables set in clear **aspic**



Source:throughherlookingglass.com



Source:dreamstime.com

As a **CLARIFYING** agent to clear wine, beer or fruit juice



Source:featherstonefermentswordpress.com



Source:almaystock.com

As a **STABILISER** to stop the development of ice crystals in frozen desserts

Handling of gelatin mixtures

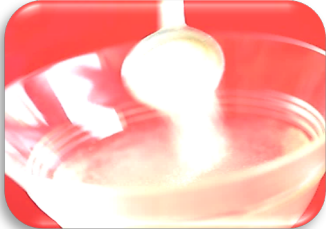


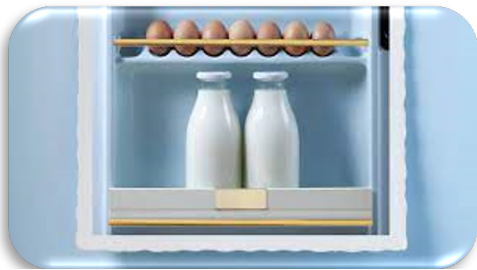


- Brush mould lightly with clean oil / rinse under cold water.
- Pour mixture into mould.
- Do not freeze – ice crystals will change the texture – place in refrigerator.
- If mixture is not set, do not unmould.
- Moulds can stay 24 hours in the refrigerator.
- Rinse serving plate with cold water to move in correct position.
- Pull jelly away from sides with fingertips. Do not use knife to unmould.



- A hot towel can be placed over mould to help unmould it.
- Can be dipped in hot water for 1-2 seconds.
- Use a blowtorch for a short period.

Source: 2beesinapod.com

FACTORS INFLUENCING GEL FORMATION

<p>A. Gelatin concentration 3 ml for 100 ml of liquid</p>  <p>Source: finecooking.com</p>	<p>B. Setting and serving temperature setting temperature is 10-15°C</p>  <p>Source: istock.com</p>
<p>C. Acid (lemon juice, vinegar, etc.) gives a soft jelly and may prevent jelling</p>  <p>Source: all-free-download.com</p>	<p>D. Salts & Proteins - milk, egg, yoghurt, or hard water will form a firmer jelly</p>  <p>Source: realsimple.com</p>
<p>E. Whipping decreases firmness of jelly</p>  <p>Source: annainthekitchen.wordpress.com</p>	<p>F. Sugar moderate amount increases firmness; too much weakens jelly</p>  <p>Source: smarttrolley.com & plantprosperous.com</p>

G. Enzymes - enzymes known as **proteolytic** enzyme –break down the proteins NO setting



Source: losethebackpain.com

H. Alcohol - will form a firmer jelly e.g., wine jelly



Source: thekitchen.com



3.2.2 ACTIVITIES

ACTIVITY 1

ASPIC JELLY



1.1 Define the term aspic

(1)

1.2 Indicate the ideal temperature for setting

(1)

ACTIVITY 2

Source:dreamstime.com

The following kiwi jelly is prepared by the Grade 12 learners during a practical exam.



Source:dreamstime.com

2.1 Predict the outcome if fresh kiwi fruit is used

(2)

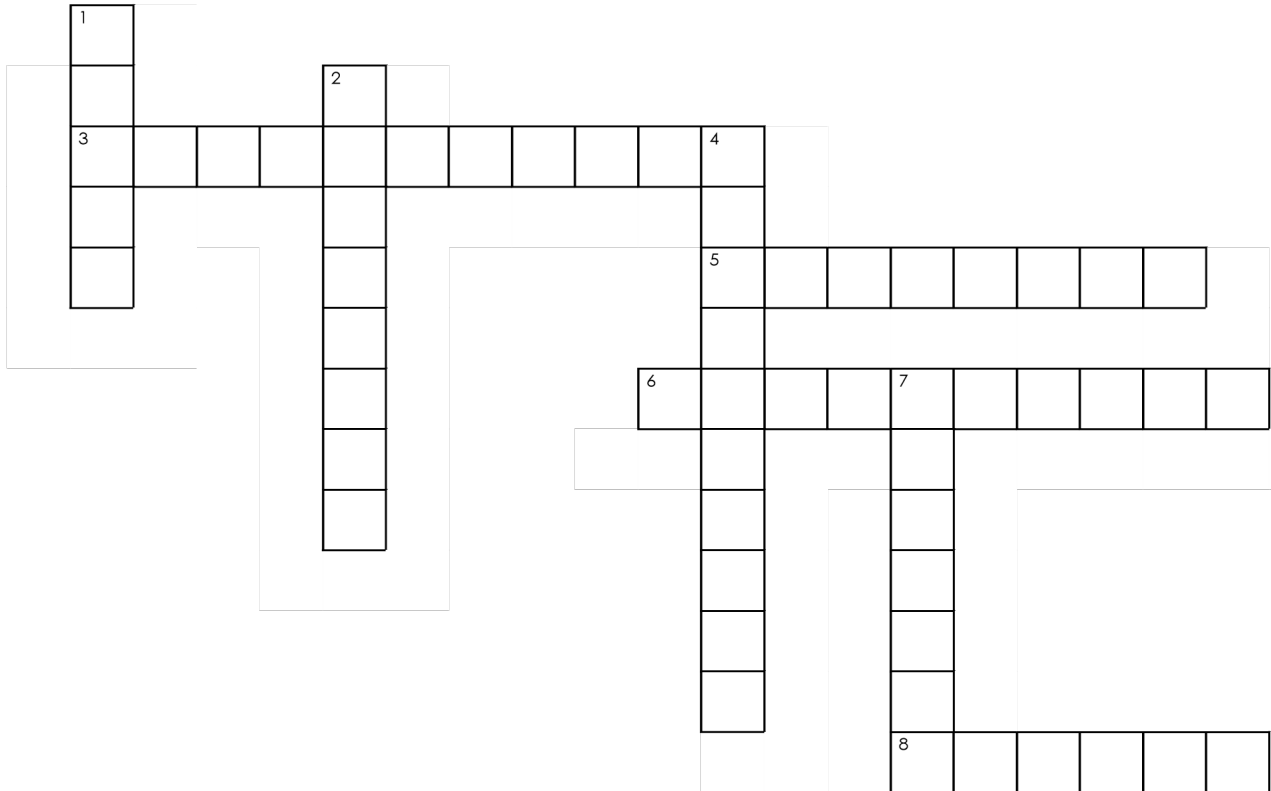
2.2 Describe how the mould should be prepared in order to ensure that the kiwi jelly unmoulds easily

(3)

ACTIVITY 3

TERMINOLOGY

3.1 Complete the following crossword puzzle.



Across →

- 3. Breakdown protein in gelatin
- 5. A gum derived from seaweed
- 6. Melting of gelatin
- 8. Softening of gelatin

Down: ↓

- 1. A clear, flavoured, salted jelly
- 2. Setting of gelatin
- 4. Clearing of beer
- 7. Causes chemical reaction

(8)



3.2.3 MARKING GUIDELINE FOR ACTIVITIES

ACTIVITY 1

- 1.1 A clear stock which is set with gelatin. ✓ (1)
- 1.2 Ideal setting temperature is 10-15°C. ✓ (1)

ACTIVITY 2

2.1

- Jelly will not set ✓ due to kiwi containing an enzyme known as actinidin / proteolytic enzymes. ✓
 - The fruit needs to be cooked first ✓ to inactivate the enzymes – prolonged heating degrades the enzymes. ✓
- (Any 2) (2)

2.2

- Brush mould lightly with clean oil / rinse under cold water. ✓
 - Rinse plate with cold water to move in correct position. ✓
 - Pull jelly away from sides with fingertips. Do not use knife as it will spoil appearance. ✓
 - A hot towel can be placed over mould to help unmould it. ✓
 - Dip in hot water for 1-2 seconds. ✓
 - Use a blowtorch for a short while. ✓
- (Any 3) (3)

ACTIVITY 3

3.1

Across	Down
<ul style="list-style-type: none">• Proteolytic ✓• Agar agar ✓• Dispersion ✓• Sponge ✓	<ul style="list-style-type: none">• Aspic ✓• Gelatin ✓• Clarifying ✓• Enzyme ✓

(8)

EXAMINATION TIPS FOR THIS TOPIC

- Important to understand the terminology.
- Remember the three phases in the correct order when working with gelatin.
- To be able to identify the uses of gelatin.

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) in your WORKBOOK.

- 1.1.1 The setting of a gelatine mixture is prevented by the addition of pawpaw, due to the presence of ... in the fruit.

- A ficin
- B lycin
- C papain
- D bromelin

(1)

1.2 MATCHING ITEMS

Choose the most suitable description in COLUMN B and the terminology in COLUMN A. Write only the letter (A–F) and the question numbers (1.2.1 to 1.2.5) in your WORKBOOK, e.g., 1.2.6 H.

COLUMN A TERM	COLUMN B DESCRIPTION
1.2.1. Aspic	A A gum derived from seaweed
1.2.2 Gelation	B A clear, highly flavoured, and savoury jelly made from stock
1.2.3 Clarifying	C Gelatin mixture is refrigerated to set or to form a solid gel
1.2.4 Agar-agar	D To clear wine, beer or fruit juice
1.2.5 Enzymes	E Proteins that cause a chemical reaction
	F When allowing gelatin to swell out

(5)

1.3 ONE-WORD ITEMS

Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (1.3.1 – 1.3.2) in your WORKBOOK.

1.3.1 Gelatin sprinkled over cold water to be absorbed and soften.

1.3.2 A savoury clear stock which is set with gelatin.

(2)

1.4 IDENTIFICATION

1.4.1 Identify the uses of gelatin in the following products. Write only the letters (A-D) next to the question number (1.4.1) in your WORKBOOK.



Source:fuestofaguest.com



Source:errenskitchen.com



Source:eatsmarter.com



Source:grapesandcorks.com

(4)

LONG QUESTIONS

2.1 Study the pictures of two types of gelatin below and answer the questions that follow:



2.1.1 Compare the differences between the two types of gelatin by completing the table below.

		A	B
(i)	Type of gelatine	(1)	(1)
(ii)	Give step by step guidelines for the use of each type	(3)	(3)

(8)

2.2 Study the picture below and answer the questions that follow:



Source:exclusivelyfood.com

2.2.1 Discuss the steps to follow when using gelatin sheets in the dessert. (3)

2.2.2 Predict the outcome of the setting ability of the product if too much sugar is added to the cheesecake mixture. (1)

2.2.3 Give the amount of gelatin powder that must be used if the recipe states two sheets of gelatin. Motivate your answer. (2)

TOTAL [26]



3.2.5 MARKING GUIDELINES

1.1 MULTIPLE CHOICE QUESTIONS

1.1.1 C papain ✓ (1)

1.2 MATCHING ITEMS

1.2.1 B ✓

1.2.2 C ✓

1.2.3 D ✓

1.2.4 A ✓

1.2.5 E ✓ (5)

1.3 ONE-WORD ITEMS

1.3.1 Hydration / Sponging ✓

1.3.2 Aspic ✓ (2)

1.4 IDENTIFICATION

1.4.1 Setting agent ✓

1.4.2 Stabilizer ✓

1.4.3 Foam / Sponge ✓ (4)

1.4.4 Clarifying ✓

LONG QUESTIONS

2.1
2.1.1

		A	B
(i)	Type	Sheet / leaf ✓ (1)	Powdered / Granulated ✓ (1)
(ii)	Guidelines	<ul style="list-style-type: none"> - Soak sheets in cold water for 15 minutes ✓ - Remove from water ✓ - Stir into hot liquid ✓ 	<ul style="list-style-type: none"> - Rehydrate / sprinkle or soak over cold liquid ✓ - Heat over hot water / add hot water / melt in the microwave oven for a few seconds / disperse over hot water ✓ - Cool slightly before adding to other liquid such as whipped cream / custard ✓

(8)

2.2 2.2.1

- Gelatine sheet must be separated. ✓
- Soaked in cold water / hydrate it in water ✓/for 15 minutes / until soft / gel consistency. ✓
- Remove the sheets from the water / liquid. ✓
- Gently squeeze / remove the excess water / liquid out. ✓
- Melt gelatine sheets / disperse in microwave oven / in hot water ✓and then add to cheesecake mixture. ✓

(3)

(Any 3)

2.2.2

- Prevents / inhibits gel formation / setting. ✓
- It will melt more easily. ✓
- Retards setting / takes longer to set. ✓
- Have a softer gel / weakened gel / no gel / runny. ✓

(1)

(Any 1)

2.2.3

- 3,4 – 6 g OR 10 ml ✓because: 1 sheet of gelatine is equivalent to 1.7g – 3g / 5 ml ✓therefore:
- 2 sheets are 1.7g x 2 = 3.4g or 5 ml x 2 = 10 ml ✓
(Note: multiply the amount by 2)

(2)

(Any 2)

TOTAL [26]

The background of the slide features a photograph of a person's hands, wearing a ring, reaching for one of several glass jars filled with a golden-brown jam or preserve. The jars are arranged on a dark, textured surface. The lighting is warm and focused on the jars and hands, creating a soft glow. In the upper left, there are decorative red wavy lines. In the upper right, there is a blue square with a white grid pattern.




3.3 PRESERVED FOOD

3.3.1 NOTES/SUMMARIES/KEY CONCEPTS



- Methods of preservation
- Advantages and uses
- Techniques for preserving food at home
- Labelling of preserved products

TERMINOLOGY		
Rancidity	Fermentation	Enzymes
Sterilisation	Freeze drying	Shelf life
Pickle	Curing	Vacuum packing
Food additive	Canning	Micro-organisms

Methods of preservation	Examples
<p>Drying (removal of moisture & slow down growth of micro-organisms)</p> <p>Sun drying Oven drying Spray drying Freeze drying</p>	<p>Dried fruit</p>  <p>Source: ruralsprout.com</p>
<p>Reducing temperature (Slow down growth of micro organisms)</p> <p><u>Refrigeration</u> 4°C - 5°C for few days / weeks</p> <p>Freezing -18°C and below</p>	<p>Frozen vegetables</p>  <p>Source: istockphoto.com</p>
<p>Treating with additives - natural (Prevent growth of bacteria and fungi)</p> <p>Salt – curing Sugar Acid (vinegar)</p>	<p>Meat cured with salt</p>  <p>Source: dlq.org/</p>

<p>Smoking (slow down the growth)</p> <p>Cold smoking Hot smoking</p>	<p>Meat</p>  <p>Source: pioneersmokehouses.com</p>
<p>Heat treatment (Destroy enzymes and slow down micro-organisms)</p> <p>Pasteurisation - 72°C Sterilisation – cooking above boiling point</p>	<p>Pasteurised or sterilised milk</p>  <p>Source: istockphoto.com</p>
<p>Exclusion of oxygen (prevent growth of micro-organisms)</p> <ul style="list-style-type: none"> • Vacuum packing Exclusion of air • Canning Using heat during canning to destroy enzymes and micro organisms 	<p>Canned Vegetables & Vacuum packed meat</p>  <p>Source: en.wikipedia.org & checkers.co.za</p>
<p>Treating with additives – chemicals (Prevent growth of yeast and bacteria)</p> <p>Benzoic acid Sodium benzoate Salicylic acid</p>	 <p>Source: dailymail.com</p>

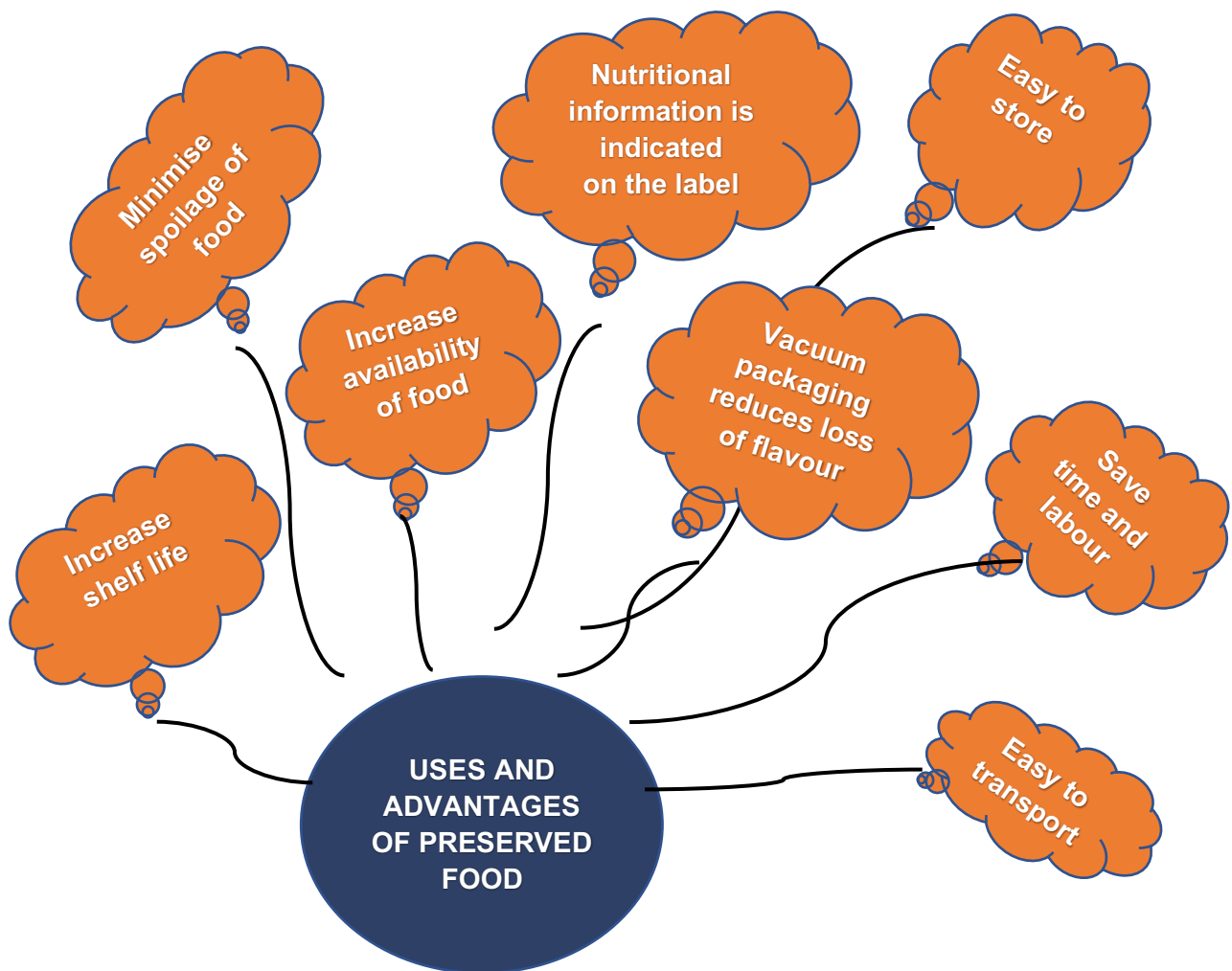
DID YOU KNOW?

Some preservation methods have additional benefits:

Smoking develops flavour.

Adding salt **cures** food.
(limits the growth of micro-organisms)

Adding sugar creates a variety of end products such as canned fruit, jam, and glazed fruit.



Techniques for preserving food at home

Term	Description
Jam	Made from fully ripened boiled fruit; sugar is added. Proportion of 1:1 by weight of sugar to fruit pulp
Chutney	Consists of a thick, cooked fruit or vegetable mixture flavoured with spices and vinegar
Sauces	Prepared with flavoured vegetables or fruit mixture
Chakalaka	<p>Typical South African vegetable relish usually served with pap:</p> <ul style="list-style-type: none"> - It is made from carrots, cabbage, onions, peppers, curry spices and it can include a tin of beans in the mixture - It can be served hot or cold - It must be properly refrigerated, or it can be preserved by using canning or bottling method
Glazing or crystallising	Fruit is repeatedly cooked in highly concentrated sugar syrup until it forms a fine layer of sugar crystals



Source: bakerbynature.com

Fruit curd is a "spread" that could be used as a topping for example scones, or a filling in e.g. swiss roll, meringue shells, tartlets, e.g.



Source: ricardocuisine.com

Fruit jelly is a clear "jam", that is set with pectin. e.g. marula jelly, apple jelly, marmalade (without fruit strips)

LABELLING PRESERVED PRODUCTS

Name of product

Use / sell by date

Picture must not be misleading

Ingredient list

Warning statements

Barcode

Serving Suggestions

Nutrition Facts

Serving Size 2 bars (42g)
Servings Per Container 6

Amount Per Serving	2 bars	1 bar
Calories	190	90
Calories from Fat	60	30
	%DV*	%DV*
Total Fat	6g 9%	3g 5%
Saturated Fat	0.5g 3%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	160mg 7%	80mg 3%
Total Carbohydrate	29g 10%	15g 5%
Dietary Fiber	2g 8%	1g 4%
Sugars	12g	6g
Protein	4g	2g
Iron	4%	2%

Not a significant source of vitamin A, vitamin C and calcium.
*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nett mass in kg/g

Details of the supplier

Additional information to be included on the food label:

- Directions for use and storage.
- Processing method used for the product.
- Batch / Serial number for the package.
- Expiry date / best before date / date of manufacturing.



3.3.2 ACTIVITIES

ACTIVITY 1

1.1 Select FOUR types of information from the list that corresponds with the label below. Write only the letters (A–H) next to the question number (1.1) in your WORKBOOK.

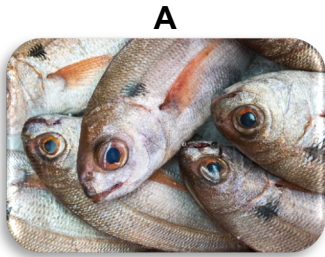
- A Brand name
- B Warning statements
- C Best-before date
- D Directions for use
- E Name of product
- G Food additives
- H Serial number

Nutritional information Serving size 2 cups (124 g) Calories 350 % of daily value		COOKIES AND CREAM ICE CREAM
Total fat 20 g	26%	CONTAINS: Fat Free Milk, Cream, Cane Sugar, White Chocolate, Sugar, Cacao Butter, Whole Milk Powder, Lactose, Soy Lecithin (Emulsifier), Vanilla Extract
Cholesterol 55 mg	65%	
Sodium 117 mg	7%	
Total carbohydrates 38 g	14%	GLUTEN FREE
Protein 6 g	10%	Product may contain traces of peanuts
Calcium 116 mg	10%	102 Church Street, PRETORIA, 0002 L250520131 - SEP2021

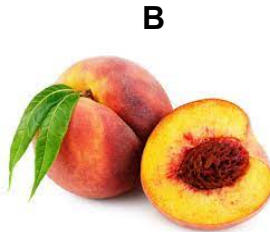
(4)

ACTIVITY 2

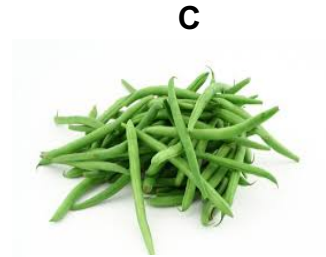
- 2.1 Suggest the best preservation method that can be used for each of the following food items:



Source: dissolve.com



Source: gardeningknowhow.com



Source: medicalnewstoday.com

(3)



3.3.3 MARKING GUIDELINE FOR ACTIVITIES

ACTIVITY 1

- 1.1 B✓
 E✓
 G✓
 H✓
- (4)

ACTIVITY 2

- 2.1 A. Dried / smoked✓
 B. Dried / bottled / canned ✓
 C. Canned / bottled✓
- (3)



3.3.4 EXAMINATION GUIDANCE *PRESERVED FOOD*

EXAMINATION TIPS FOR THIS TOPIC

- It is important to master the methods of preservation, uses, advantages and techniques for preserving food.
- Interpreting the label of preserved products.

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 – 1.1.2) in your WORKBOOK.

1.1.1 When preparing pickled onions salt, spices and ... are used to preserve the product.

- A brown vinegar
- B lemon juice
- C salicylic acid
- D benzoic acid

(1)

1.1.2 The technique used to prepare glazed cherries and sugared orange peel.

- A Free drying
- B Oven drying
- C Crystallising
- D Caramelising

(1)

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 – 1.2.2) in your WORKBOOK.

1.2.1 A tangy condiment made from a mixture of chopped fruit or vegetables, vinegar, sugar, and spices, cooked to a thick pulp. (1)

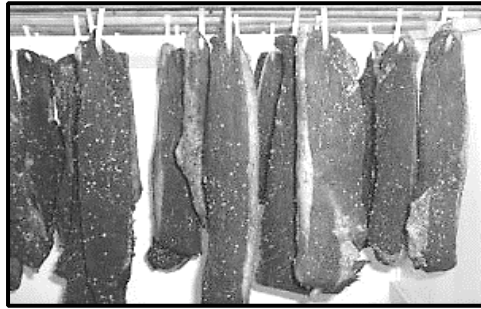
1.2.2 Preservation method where all micro-organisms are killed through extended heating at a temperature higher than boiling point. (1)

1.3. Match the example of a food item in COLUMN B that best suits a method of preservation in COLUMN A. Write only the correct letter (A–G) next to the question numbers (1.3.1 to 1.3.5) in your WORKBOOK.

COLUMN A METHOD OF PRESERVATION		COLUMN B EXAMPLE	
1.3.1	Sun-drying	A	Tomato sauce
1.3.2	Smoking	B	Biltong
1.3.3	Additives: salt	C	Milk
1.3.4	Additives: sodium benzoate	D	Strawberry jam
1.3.5	Pasteurisation	E	Haddock
		F	Canned peaches
		G	Tomatoes

(5)

1.4 Study the photograph of biltong below and answer the questions that follow.



1.4.1 Identify the preservation method used for the biltong above. (1)

1.4.2 Name the natural preservative added to help preserve the product. (1)

1.4.3 Explain how the method of preserving in QUESTION 1.4.1 prolongs the shelf life of food. (2)

1.5 Briefly explain the hot smoking preservation method. (2)

TOTAL [15]



3.3.5 MARKING GUIDELINES

MULTIPLE CHOICE QUESTIONS

- 1.1.1 C ✓ (1)
1.1.2 C ✓ (1)

ONE-WORD

- 1.2.1 Chutney ✓ (1)
1.2.2 Sterilisation ✓ (1)

MATCHING COLUMN

- 1.3.1 G ✓
1.3.2 E ✓
1.3.3 B ✓
1.3.4 A ✓ (5)
1.3.5 C ✓
- 1.4.1 Drying ✓ (1)
1.4.2 Salt /vinegar ✓ (1)
- 1.4.3 Makes water unavailable for microbial growth/prevents growth of microbes.
Inhibits enzyme action. ✓
Bacteria ✓ cannot thrive in a salty or ✓ acidic environment. ✓
(Any 2) (2)
- 1.5 • Food is cooked during smoking. ✓ (2)
• Above 52°C. ✓

TOTAL [15]

3.4 Vegetarian






3.4.1 NOTES/SUMMARIES/KEY CONCEPTS









- **Classification** of vegetarians
- **Reasons** for being a vegetarian
- Refer to the **food pyramid** for **nutritional value**
- The **use of legumes/pulses** (vegetable family that includes **beans**, **lentils**, and **peas** as protein source), **nuts** and **seeds**, soy such as in **Textured Vegetable Protein (TVP)**
- **Preparation** and **cooking** of legumes



TERMINOLOGY

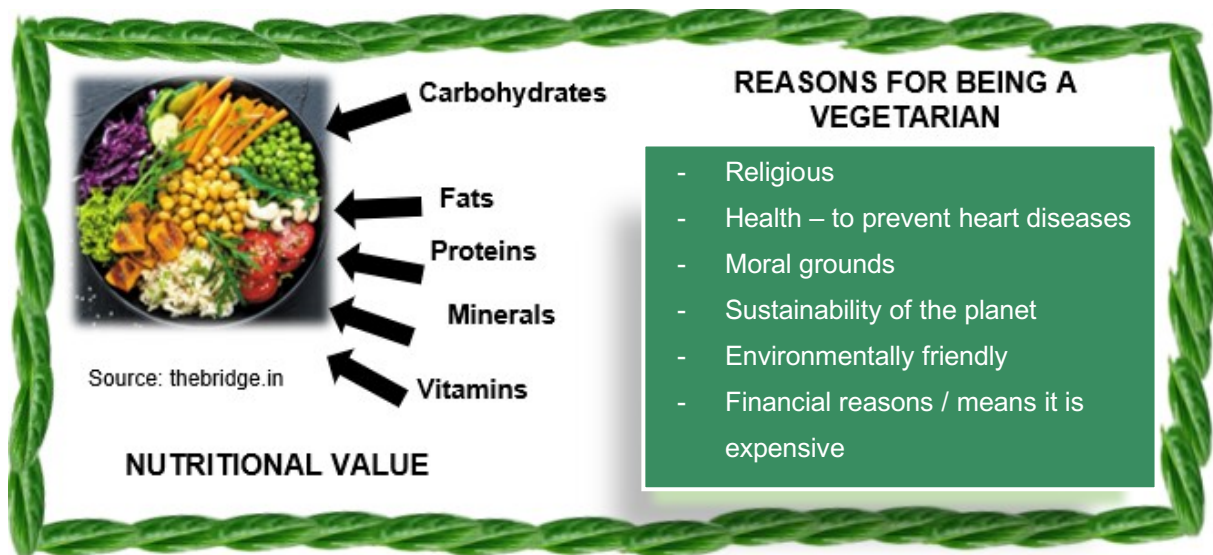
Miso	Tofu
Tempeh	Legumes

TYPE OF VEGETARIAN	FOODS TO EXCLUDE	FOOD TO INCLUDE
		Vegetables, fruits, nuts, cereals, yeast, plant oils and soya products AND: 
LACTO-VEGETARIAN  Source: wisegeek.net	Meat or meat products, poultry, fish or seafood and eggs	<ul style="list-style-type: none"> • Milk and dairy products

OVO-VEGETARIAN  Source: recipes.timesofindia.com	Meat or meat products, poultry, fish or seafood, milk, and dairy products	<ul style="list-style-type: none"> Eggs
--	---	--

TYPE	FOODS TO EXCLUDE 	FOOD TO INCLUDE Vegetables, fruits, nuts, cereals, yeast, plant oils and soya products AND: 
LACTO-OVO VEGETARIAN  Source: aicr.org	Meat or meat products, poultry, fish, or seafood	<ul style="list-style-type: none"> Milk and dairy products Eggs
POLLO-VEGETARIAN  Source: pinterest.com	Red meat Fish and seafood	<ul style="list-style-type: none"> Poultry Milk, dairy products Eggs
POLLOPESCATAREAN  Source: flowstobay.org Source: pinterest.com	Red meat	<ul style="list-style-type: none"> Poultry Fish and other seafood Milk and dairy products Eggs

PESCATAREAN  Source: flowstobay.org	Red meat Poultry	<ul style="list-style-type: none"> • Fish and other seafood • Milk, dairy products • Eggs
SEMI-VEGETARIAN	Red meat	<ul style="list-style-type: none"> • Milk and dairy products • Eggs • White meat (optional) e.g., fish (pesco) and chicken (pollo)
FLEXITARIANS	Red meat (reduced)	Could occasionally eat meat in small quantities
VEGAN (Strict vegetarian)	Any animal product and by-products, e.g., meat, poultry honey, stock cubes, fish oil, gelatine	Only eat vegetables, fruits, nuts, cereals, yeast, plant oils and soya products
FRUITARIAN 	Plant products where the plant is harmed, e.g., leaf, tuber, or root vegetables	Fruits, nuts, and seeds: Eat only the fruit of plants, but not the plant itself, e.g., tomatoes and pumpkin. Raw and dried Fruits, seeds, grains and nuts, honey, and olive oil



NUTS

Source: nationaltoday.com



LEGUMES

Source: health.havard.edu



Source: amazon.ca
thespruceeats.com

TOFU



FOOD SOURCES FOR A VEGETARIAN



TEMPEH

Source: fullofplants.com

MISO



Source: finecooking.com

TEXTURED VEGETABLE PROTEIN (TVP)



Source: myrecipes.com



Source: healthyvege.com

COOKING BEANS

- Adding salt, and acids must be done at the end of the cooking process or else it will slow down the cooking process
- Adding bicarbonate of soda reduces the cooking time and prevents flatulence
- White and coloured beans must be cooked separately

TVP

- High fibre, high protein meat substitute
- Made from soy flour

ADVANTAGES

- Excellent source of nutrients
- Easy to use
- Cheaper than meat
- Low in kilojoules
- Easy to store
- Good shelf life

USES

Used in vegetarian cooking for casseroles, pie fillings, soups, and sauces



Source: dreamstime.com

PREPARATION OF LEGUMES

Sorting

Removing small stones, plant, and broken beans

Washing

Removing dirt and impurities

Soaking

Softening, rehydrating, makes cooking time shorter.

Water must be thrown away and fresh water must be used to prevent flatulence

SORTING



Source: healthyvege.com

WASHING

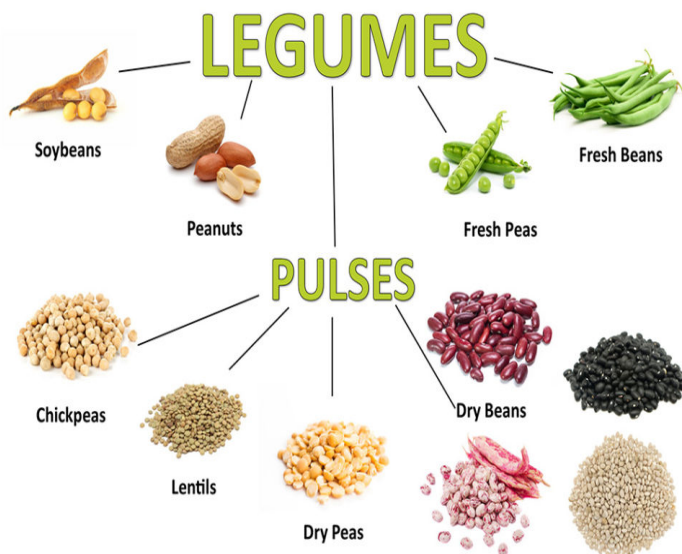


Source: beaninstitute.com

SOAKING



Source: homemakingsimple.com





3.4.2 ACTIVITIES

ACTIVITY 1

1.1 Name TWO types of vegetarians that will consume EACH of the following dishes:

1.1.1 Buffalo wings (2)

1.1.2 Soufflé (2)




1.2 Define the following terms:

a) Legumes (2)

b) Tempeh (1)

ACTIVITY 2

2.1 Name and explain the preparation methods of beans in the pictures below:

 Source: healthyvege.com	 Source: homemakingsimple.com	 Source: beaninstitute.com
A	B	C

(2 x 3)

(6)

ACTIVITY 3

3.1 From the box below select FIVE facts on the advantages of including TVP in your diet.

- A. High in essential fats
- B. Excellent source of nutrients
- C. High in glycaemic index
- D. Easy to use
- E. Low in iron
- F. Cheaper than meat
- G. Low in kilojoules
- H. Easy to store
- I. Good shelf life

(5)



3.4.3 MARKING GUIDELINE FOR ACTIVITIES

ACTIVITY 1

- | | | | | |
|-----|-------|---|---------|-----|
| 1.1 | 1.1.1 | Buffalo wings:
Pollo-vegetarian / pollotarian✓
Pollo-pescatarian✓
Flexitarian✓
Semi-vegetarian✓ | (Any 2) | (2) |
| | 1.1.2 | Soufflé:
Lacto-ovo / Ovo-lacto vegetarian✓
Pollo-vegetarian✓
Pollo-pescatarian✓
Pescatarian✓
Flexitarian ✓
Semi-vegetarian ✓ | (Any 2) | (2) |
| 1.2 | a) | Legumes: Dry pulses (beans, peas, lentils) ✓, protein rich soft seeds. ✓

Low in fat✓, cholesterol free✓, natural source of fibre✓, gluten free. ✓ | (Any 2) | (2) |
| | b) | Tempeh: A bean cake made from fermented soya beans. ✓ | | (1) |

ACTIVITY 2

2.1 A- Soaking✓

Softens✓, rehydrates✓, makes cooking time shorter✓. Throw water away and use fresh water to prevent flatulence. ✓

(Any 1) (2)

B- Sorting✓

Removes small stones, plant, and broken beans. ✓

(2)

C- Washing✓

Removes dirt ✓and impurities. ✓

(Any 1) (2)

(6)

ACTIVITY 3

3.1 B - Excellent source of nutrients✓

D - Easy to use✓

F - Cheaper✓

G - Low in kilojoules✓

H - Easy to store✓

I - Good shelf life✓

(Any 5)

(5)



3.4.4 EXAMINATION GUIDANCE VEGETARIAN

EXAMINATION TIPS FOR THIS TOPIC

- Be able to understand different types of vegetarians and food that are allowed or not allowed.
- Be able to apply theory in menu planning to link the dishes with the type of vegetarian.

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 – 1.1.2) on your WORKBOOK.

1.1.1 The main nutrient found in legumes:

- A Calcium
- B Iron
- C Fat
- D Protein

(1)

1.1.2 A white, cheese-like curd made from soya beans:

- A Feta
- B Haloumi
- C Tofu
- D Tempeh

(1)

- 1.2 Choose the description from COLUMN B to match the term in COLUMN A. Write only the letter (A – G) next to the question number (1.2.1 – 1.2.5) in your WORKBOOK e.g. 1.2.6

COLUMN A TERM	COLUMN B DESCRIPTION
1.2.1 Tofu	A Meat substitute made from soya beans
1.2.2 Legumes	B Oval shaped nut with a buttery texture
1.2.3 Nuts	C Type of bean cake made from soya beans
1.2.4 Lentils	D Edible kernels of fruits surrounded by a hard, inedible shell
1.2.5 Textured Vegetable Protein	E Plants with double-seamed pods containing a single row of seeds
	F White cheese-like curd made from soya beans
	G Small, flat disks ranging from yellow to orange, green or brown

(5)

LONG QUESTIONS

- 2.1 Study the extract below and answer the questions that follow:

Vegetarianism is becoming increasingly popular. Vegetarians rely on textured vegetable proteins, legumes, nuts, and seeds to maintain good health.

- 2.1.1 Give THREE reasons why people choose to become vegetarians. (3)
- 2.1.2 Discuss THREE advantages of textured vegetable proteins in the diet of a vegetarian. (3)
- 2.1.3 Justify why legumes should be soaked before cooking. (2)

TOTAL [15]



3.4.5 MARKING GUIDELINES

1.1

- | | | |
|-------|-----------|-----|
| 1.1.1 | D ✓ | (1) |
| 1.1.2 | C ✓ | (1) |
| 1.2 | 1.2.1 F ✓ | (1) |
| | 1.2.2 E ✓ | (1) |
| | 1.2.3 D ✓ | (1) |
| | 1.2.4 G ✓ | (1) |
| | 1.2.5 A ✓ | (1) |

3.1

- | | | |
|-------|--|-----|
| 3.1.1 | <ul style="list-style-type: none"> • Religious reasons/Hindus/Cultural reasons. ✓ • For health reasons to prevent heart disease, diabetes, and obesity/ high levels of cholesterol in animal products. ✓ • Are opposed to the idea of eating animals/Moral grounds based on an objection of killing animals. ✓ • For the sustainability of the planet/want to be environmentally friendly/the meat industry is set to have a negative impact on the environment. ✓ • Some people do not like the taste of meat. ✓ • Meat is more expensive than plant products/affordability. ✓ <p>(Any 3)</p> | (3) |
| 3.1.2 | <ul style="list-style-type: none"> • Excellent source of nutrients/high in protein/contains all nine essential amino acids/high in vitamin B and minerals. ✓ • Food rich in complex carbohydrates and dietary fibre. ✓ • Substitute for animal protein/similar to meat protein. ✓ • Has low kilojoules/helps to control weight. ✓ | |

- Does not have saturated fat and cholesterol. ✓
- Low GI (Glycaemic Index). ✓
- Adds variety to the diet. ✓

(3)

(Any 3)

3.1.3 Legumes are soaked to:

- Soften them. ✓
- Rehydrate them/replaces moisture/for it to double in size. ✓
- Shorten cooking time. ✓
- To reduce flatulence. ✓

(2)

(Any 2)

TOTAL [15]



3.5 Pastry

3.5.1 NOTES/SUMMARIES/KEY CONCEPTS

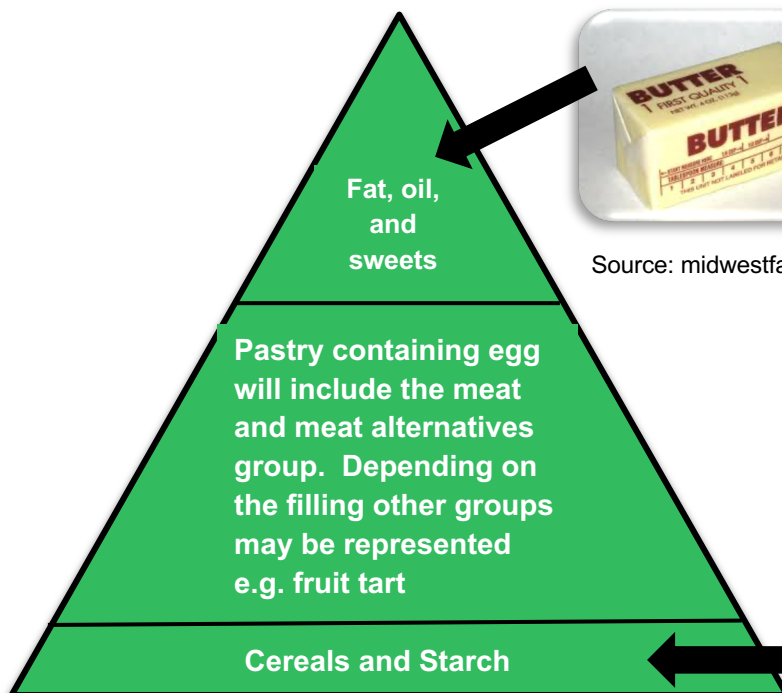


Source: presentermedia.com

- Nutritional value
- Ingredients & proportions
- Types of pastry
- Techniques & preparation methods
- Products
- Quality characteristics

TERMINOLOGY	
Shortening	Cartouche
Lining	Blind baking
Docking	Laminated

NUTRITIONAL VALUE



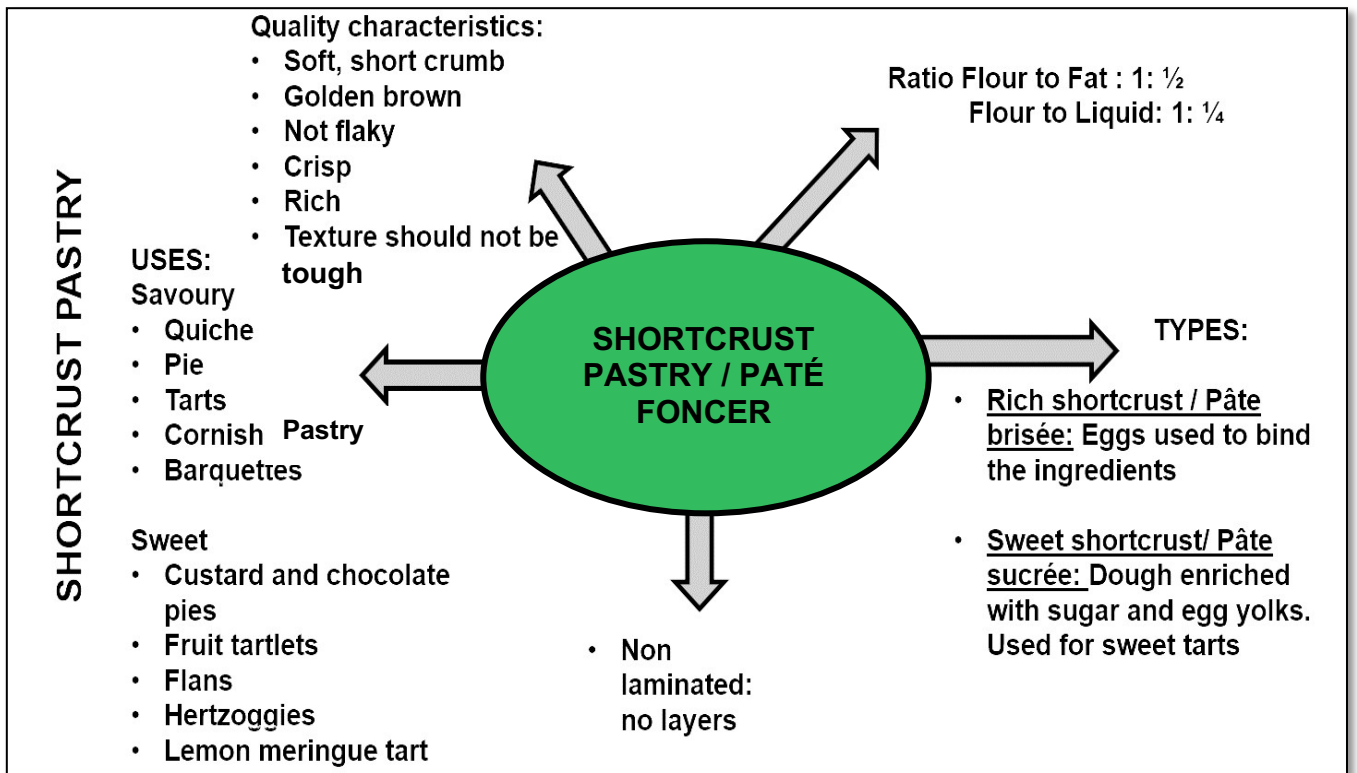
Source: midwestfarmreport.com

DID YOU KNOW?

The protein in pastry increases when adding eggs and milk



Source: lifewellbakeoften.com



USES



QUICHE



HERTZOGGIES



FRUIT TARTLET



BARQUETTES



LEMON MERINGUE

Source: marthastewart.com & biltongstmarcus.co.uk & dessarts.com & natashaskitchen.com & tasteofhome.com & tekportal.net

QUALITY CHARACTERISTICS

- Lightest of all pastries
- Light, flaky layers
- Light golden-brown colour
- Uneven surface
- Rich, delicate taste
- Buttery taste
- Not oily

RATIO

Flour to Fat: 1:1
Flour to Liquid: 1: ½
No eggs
No sugar

PUFF PASTRY / PATÉ FEUILLETÉE

USES:

Savoury

- Bouchées
- Vol-au-vents
- Beef Wellington
- Fleuron
- Sausage Rolls

USES: Sweet

- Jam tartlets
- Custard Slices
- Palmiers
- Mille feuilles
- Tart Tatin
- Turn overs

Puff pastry

- Rich pastry
- Laminated – thin layers
- Lengthy and complicated process
- Butter (beurrage) incorporated into the rolled-out dough (détrempe): made of flour, water, and a small amount of butter through rolling and folding.

Rough puff pastry:

- Rises less & Few layers & flaky
- Lower proportion of fat to flour
- Butter not added in one piece

USES



VOL-AU-VENT



PALMIERS



FLEURONS



BEEF WELLINGTON

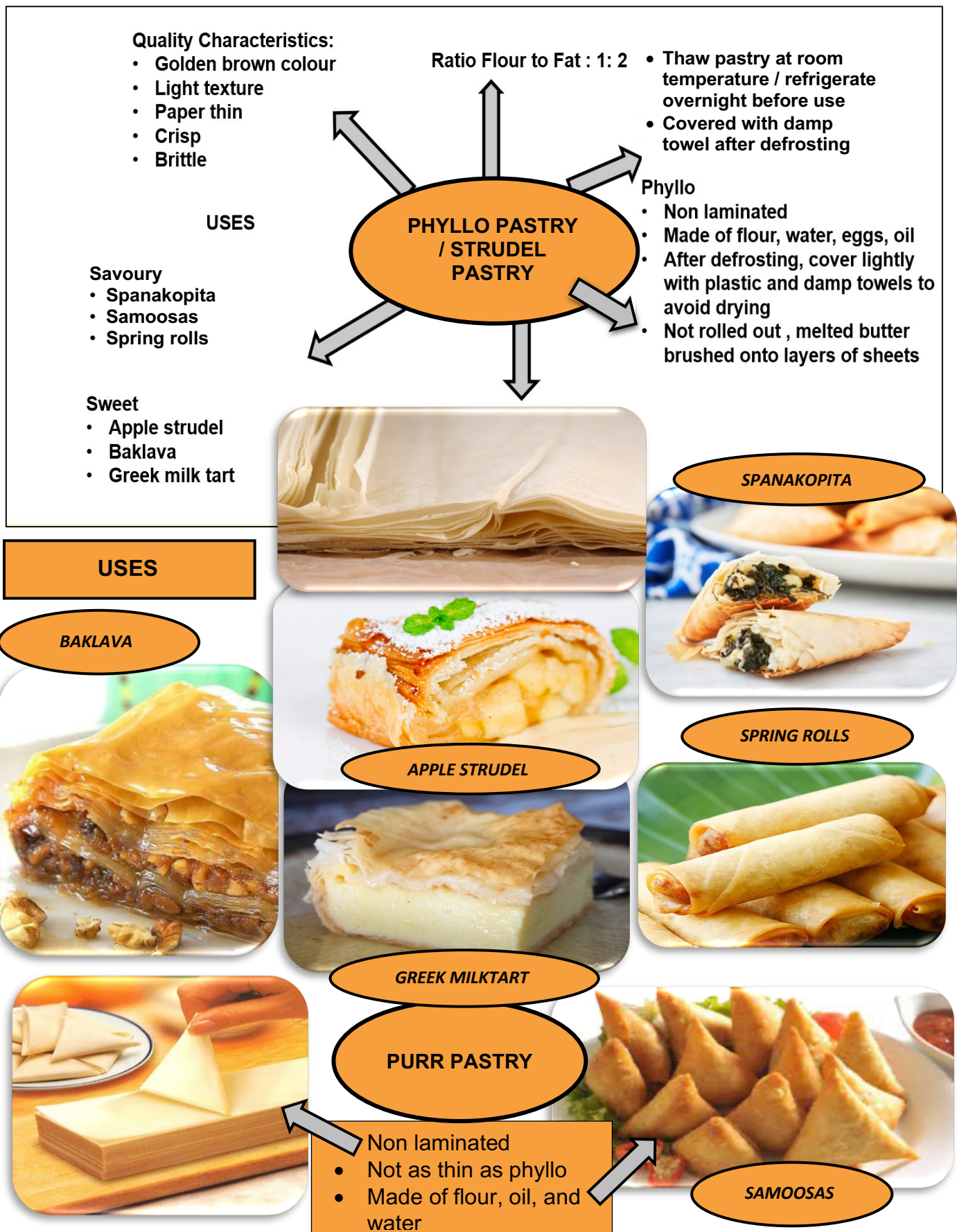


CUSTARD SLICE



CREAM HORNS

Source: thefrenchcookingacademy.com & taste.com.au & pretagarnir.com & clover.co.za & tornadoughalli.com & cookingwithmanuela.com & femmeactuelle.com & simplyrecipes.com & vitacost.com



Source: delish.com & rasamalaysia.com & istock.com & flavorite.net & sugaroversalt.com & healthyfoodguide.com & worldofsamosas.co.za & freezensice.com

Characteristics:

- Uneven crust
- Surface smooth & hard
- Crust firm but soft
- Inside is hollow & dry
- Light golden brown / light brown
- Light in weight
- Crisp

Traditional French Pastry

Ratio:

Flour to shortening: 1: $\frac{3}{4}$

Liquid to flour: 1:1 (250 ml)

Use 3 to 4 eggs for 250 ml flour

CHOUX PASTRY / PÂTE À CHOUX

USES



CREAM PUFF



ECLAIRS



PROFITEROLES



BEIGNETS



GATEAU ST HONORE



CROQUEMBOUCHE



CHURROS



PARIS BREST



POMMES DAUPHINE

Source: glutenfreecupcake.co.uk & washingtonpost.com & lilluna.com & monpetitfour.com & istock.com & biggerbolderbaking.com & paris-brest.vn & youtube.com

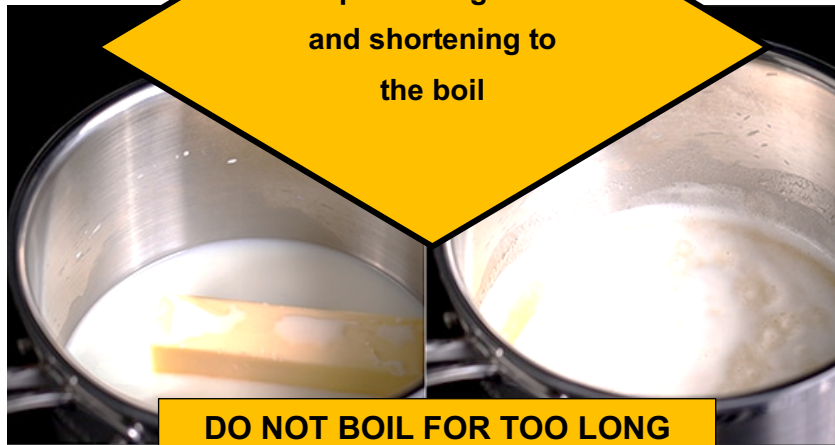
Choux is called cabbage in French due to its irregular shape after baking

DID YOU KNOW?



STEPS TO MAKE CHOUX PASTRY:

Step 1 – bring water
and shortening to
the boil



DO NOT BOIL FOR TOO LONG

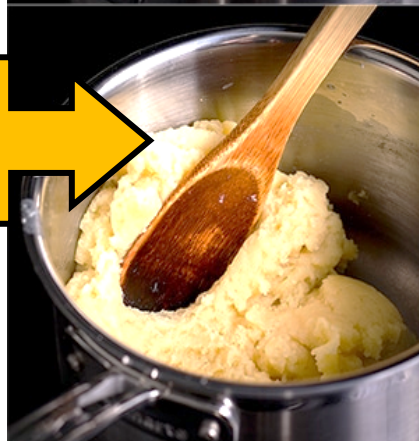
Step 2 – add
flour & salt to
the mixture



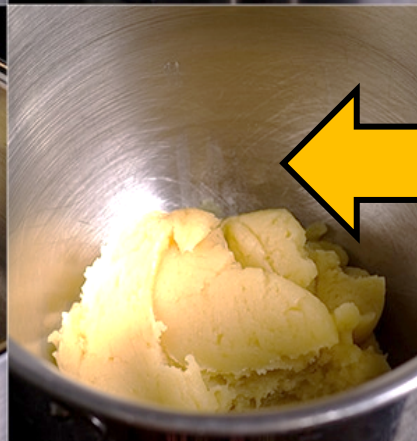
Step 3 – stir
over the heat
until soft ball
forms



Step 4 – allow
mixture to cool
down



Step 5 – add
beaten eggs bit
by bit to get a
smooth pliable
consistency







Step 6 – pipe into
desired shape on a
prepared baking
sheet



Source: ofbatteranddough.com&youtube.com

TECHNIQUES IN PASTRY

LINING	DOCKING	BAKING BLIND
<p>Lining a baking tray means to cover the inside with non-stick baking paper - prevents food from sticking to the inside of the tray. Pans can also be lined with pastry after it have been greased. The pastry must be rolled bigger than the pan.</p>	<p>Docking means poking holes in the dough so that it does not puff up during baking. Crackers, flatbreads, and unbaked pie shells are docked so when steam builds up during baking, it can escape, rather than causing the dough to rise unevenly / form blisters.</p>	<p>When a pastry case is filled with a custard or liquid filling, it is difficult to get the pastry cooked through by the time the filling is set. Pre-baking or 'baking blind' ensures that the pastry is cooked properly. Dried beans or rice / pasta help to support the sides of the pastry case and weigh down the base to prevent it from rising in the oven.</p>
		 <div data-bbox="1045 1361 1501 1942"> <p>DID YOU KNOW?</p> <p>A CARTOUCHE is a circle of baking paper bigger than the tart tin.</p>  </div>



Source: thekitchen.com & theunicook.com & craftybaking.com & vintagekitchennotes.com & leithsschooloffoodandwine.com



3.5.2 ACTIVITIES

ACTIVITY 1

1.1 Study the following pictures below of pastry products and answer the question that follow:

	A	B
		
Differentiate between:		
1.1.1 Type of pastry	(1)	(1)
1.1.2 Flour to shortening ratio	(1)	(1)
1.1.3 Quality characteristics	(1)	(1)

ACTIVITY 2

2.1. Study the method below that is used when preparing choux pastry and answer the questions that follow.

Method:

1. Place the butter, salt and water in a saucepan and bring to the boil.
2. Add the flour and mix well using a wooden spoon.
3. Cook for a few minutes until the mixture pulls away from the sides of the saucepan.
Allow the mixture to cool slightly.
4. Add the eggs one at a time and beat well after each addition.
5. Pipe pastry on a greased baking sheet.
6. Bake at 230°C for 10 to 15 minutes.
7. Reduce the heat to 180°C for 20 minutes.

2.1.1 Motivate the following steps in the method:

- | | |
|----------------|-----|
| (a) Step 4 | (3) |
| (b) Step 6 & 7 | (4) |



3.5.3 MARKING GUIDELINE FOR ACTIVITIES

ACTIVITY 1

1.1.1 Type of pastry:

- A – Puff Pastry ✓ (2)
- B – Choux pastry ✓

1.1.2 Flour to shortening

- A – 1: 1 ✓
- B – 1: $\frac{3}{4}$ / 2:1 / 1: $\frac{1}{2}$ ✓ (Any 1) (2)

1.1.3 Quality characteristics

Puff pastry: (1)

- light flaky layers ✓
- rich delicate taste ✓ (Any 1) (1)

Choux pastry:

- hollow ✓
- light in weight ✓ (Any 1)

ACTIVITY 2

2.1.1 Step 4

- To ensure batter is thick, smooth, and shiny. ✓
- To form a soft dough to hold its shape when baked. ✓
- Pliable to be piped / spooned not runny. ✓
- Adding too much egg gives a runny batter that cannot be piped / small volume proportion or ratio can be changed with too many eggs. ✓
- Controls the consistency / prevents too much egg being added / sizes of eggs differ. ✓
- Easier to mix one egg at a time / difficult to mix all eggs at one time. ✓
- Humidity in the air influences the number of eggs added to the mixture. ✓

(Any 3) (3)

(b) Step 6 & 7

- Start at 230°C ✓ for 10 to 15 minutes to develop steam and form a cavity. ✓ (2)
- Temperature reduced to 180°C ✓ to dry out pastry and finish the baking process. ✓ (2)



3.5.4 EXAMINATION GUIDANCE *PASTRY*

EXAMINATION TIPS FOR THIS TOPIC

- Important to understand the terminology.
- Be able to understand the types of pastry uses, quality characteristics, techniques, storage and the general rules.

EXAMPLES OF EXAMINATION QUESTIONS

1.1 MATCHING ITEMS

Choose a description from COLUMN B that matches the pastry dish in COLUMN A. Write only the letter (A-F) next to the question numbers (1.1.1 to 1.1.4) in your WORKBOOK, e.g., 1.1.5 G.

COLUMN A PASTRY DISHES		COLUMN B DESCRIPTION	
1.1.1	Sundried tomato palmier	A	flaky pastry wrapped around a roll of mincemeat
1.1.2	Pear tarte Tatin	B	open tart filled with savoury custard and other ingredients
1.1.3	Spinach and feta quiche	C	boat-shaped short crust pastry shell with a sweet filling
1.1.4	Honey and almond barquette	D	spicy vegetable triangle-shaped pie
		E	upside down puff pastry product with a sweet filling
		F	flaky puff pastry shaped like pigs' ears, with a savoury filling

(4)

1.2 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 (1.2.1) in your WORKBOOK.

1.2.1 Piercing small holes in raw pastry to allow trapped air to escape.

- A Glazing
- B Lining
- C Docking
- D Rolling

(1)

LONG QUESTIONS

2.1 Study the picture below and answer the questions that follow:



2.1.1 Name TWO characteristics of the unbaked phyllo pastry used for the preparation of baklava.

(2)

2.1.2 Discuss how phyllo pastry should be thawed.

(2)

TOTAL [9]



3.5.5 MARKING GUIDELINES

1.1 MATCHING ITEMS

- 1.1.1 F ✓
- 1.1.2 E ✓
- 1.1.3 B ✓
- 1.1.4 C ✓ (4)

1.2 MULTIPLE CHOICE QUESTIONS

- 1.2.1 C docking ✓ (1)

LONG QUESTIONS

3.1

- 3.1.1
 - Pliable / Soft dough ✓
 - Paper thin ✓
 - Non-laminated ✓ (Any 2)

- 3.1.2
 - Thaw pastry at room temperature / refrigerate overnight before use ✓
 - Covered with damp towel after defrosting ✓

(2)
TOTAL [9]

3.6. Meat



3.6.1 NOTES/SUMMARIES/KEY CONCEPTS



Source: presentermedia.com

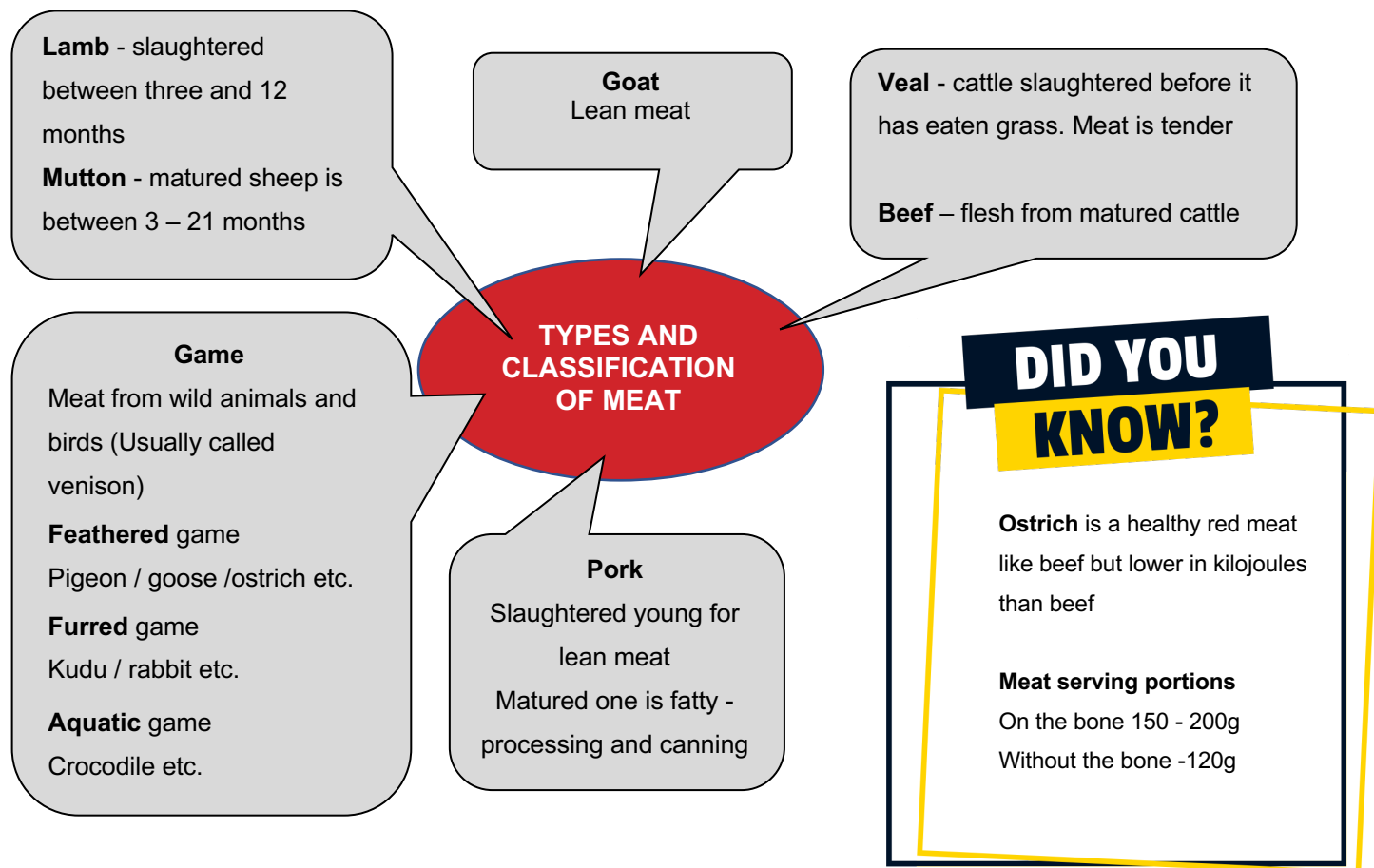
- Nutritional value of meat
- Types of red meat
- Primary cuts
- Factors influencing quality of meat.
- Characteristics of good quality meat
- Preparation methods

TERMINOLOGY

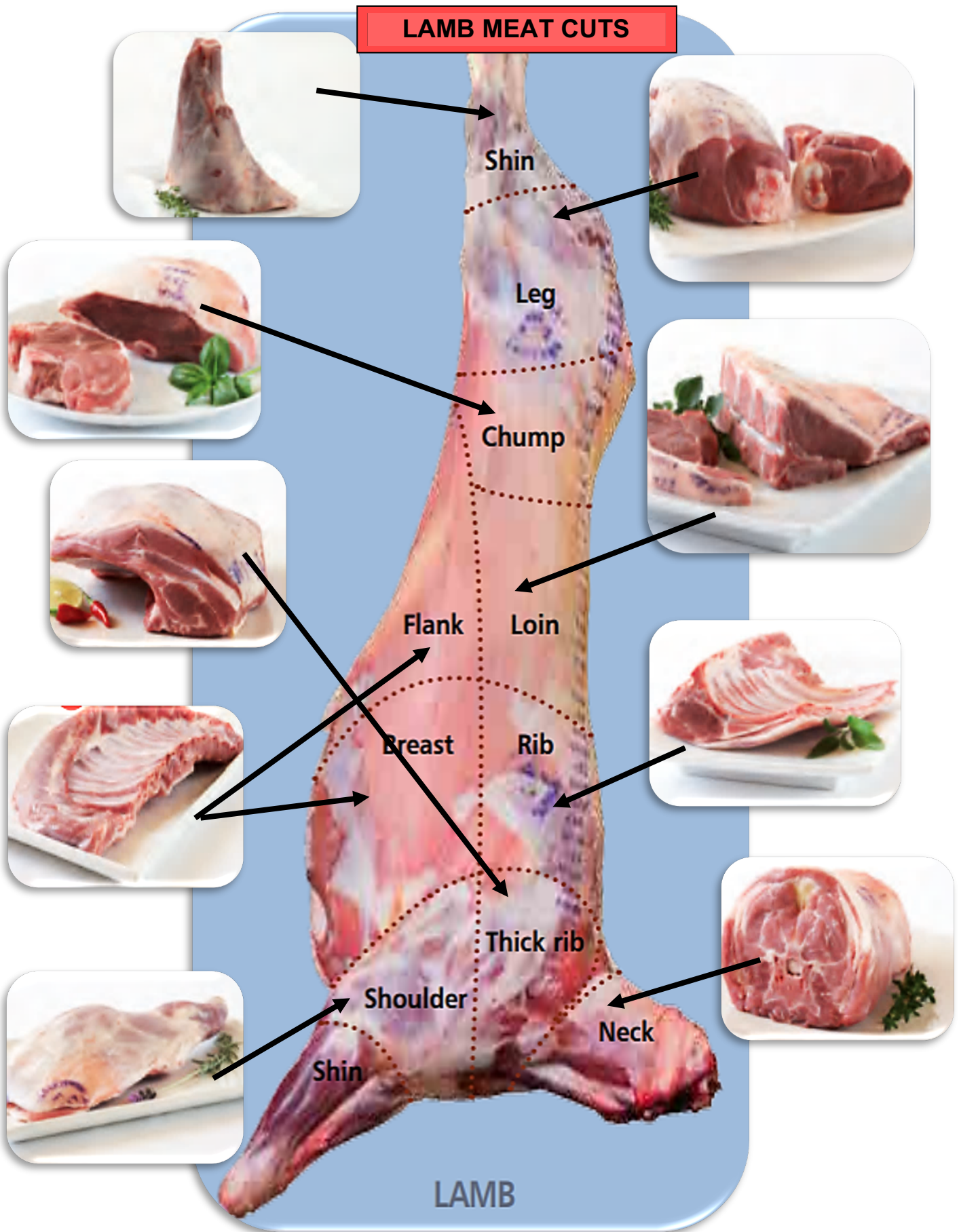
Sarcoplasm	Barding	Stuffing
Marbling	Maturing	Marinating
Rigor mortis	Wet ageing	Cold shrinkage
Collagen	Larding	Carving

Nutritional value of meat

- Meat is classified under proteins on the food pyramid (complete protein).
- It is needed to grow and repair the cells in the human body.



LAMB MEAT CUTS



SPECIFIC USES OF CUTS AND COOKING METHODS



NECK: braised dish



CHUMP: chops – grilled / roasted



BREAST & FLANK: roll (deboned)/ kebabs – pot roasting/casserole/stews



LOIN: Chops/roll (deboned)/ Saratoga chops – Oven roast, grill

RIB: rack / crown roast/ rib chops – grilling



THICK RIB: rib chops / stews / kebabs – braised / grilled



SHOULDER: deboned/roll / kebab– oven roasted / pot roasted / grilling



NECK: sliced – potjiekos / braised



SHANK: cubes / sliced / whole– kebab / stews – braising

ROAST MUTTON & LAMB – Mint sauce. Serve with Noisette potatoes / fondant

MUTTON CURRY / STEW – Sauce from dish. Yellow rice, Sambal/Atjar, Dombolo/ Dumplings, Rice/Samp

BEEF CUTS

HINDQUARTER

HINDQUARTER

Tender meat, few bones
Dry cooking methods



1. Hump



2. Neck



3. Shin



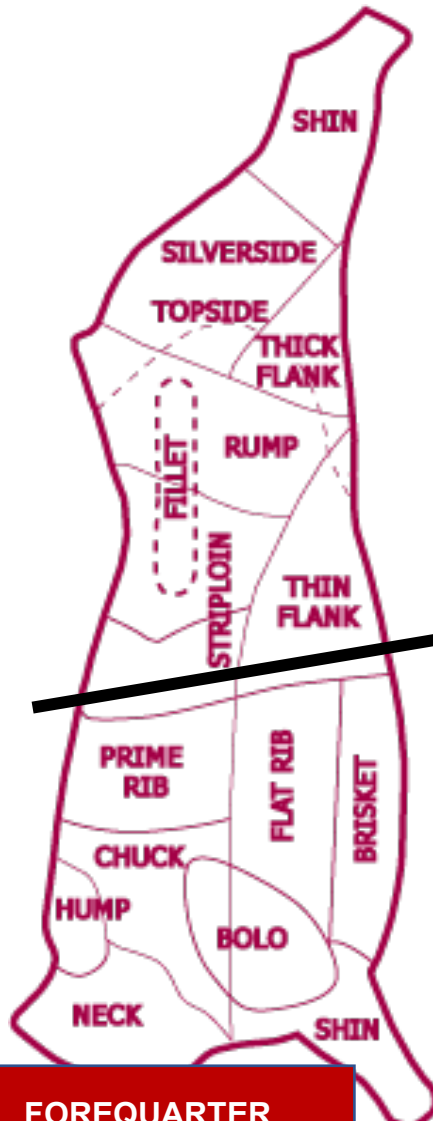
4. Bolo



5. Chuck



6. Flat Rib



FOREQUARTER

FOREQUARTER

Tough meat with lot of bones, more flavour. Moist heat and combination cooking methods e.g.,



17. Thick Flank



16. Aitchbone



15. Silverside



14. Topside



13. Fillet



12. Rump



11. T Bone



7. Brisket



9. Soft Flank



8. Prime Rib



10. Wing Rib

FILLET
(Fried fillet steak or
flambéed)
Steak Diane



SIRLOIN
(Grilled dish)
Barbecue

**BRISKET/
SILVERSIDE/ THICK
FLANK/
AITCHBONE**
Pot Roasting
(Combination method)



**SILVERSIDE/
WHOLE FILLET**
Oven Roasting

ACCOMPANIMENTS / SIDE DISHES

BEEF ROASTS – Yorkshire pudding / Horseradish
sauce

POTROAST – sauce from dish, yellow rice,
dumplings, sump, variety of vegetable dishes

CHARACTERISTICS OF GOOD QUALITY MEAT

TYPE OF MEAT	SMELL	BONES	TEXTURE OF MEAT	COLOUR OF MEAT	FAT
Beef and Veal	Fresh smell	Red and porous Older animals: white and hard	Smooth Veal - less firm	Beef: bright red to cherry red Older animals: dark red Veal: pale pink	Evenly distributed Veal: creamy colour Beef: yellow colour
Lamb & Mutton	Fresh smell	Lamb: Soft red and porous Older animals: whiter and harder	Fine grain, firm, not dry	Lamb: Bright light red Older animals: dark plum red	Lamb: Firm and white Older animals: hard white fat
Pork	Fresh smell	Red and porous Older animals: greyish white	Flesh firm, fine grain	Greyish light red Older animals: dark red	Creamy white Older animals: oily look

FACTORS INFLUENCING QUALITY OF MEAT

BEFORE SLAUGHTERING	AFTER SLAUGHTERING
<ul style="list-style-type: none"> • Feeding – good feeding guarantees good quality meat 	<ul style="list-style-type: none"> • Cold shrinkage – rapid cooling of warm carcass causes cold shrinking. Meat will be tough
<ul style="list-style-type: none"> • Marbling – good feeding will result in intramuscular fat of muscles 	<ul style="list-style-type: none"> • Electrical stimulation – carcass cooled rapidly without meat shrinking
<ul style="list-style-type: none"> • Age – meat of younger animal is tender and older animal is tougher 	<ul style="list-style-type: none"> • Rigor mortis – sets in because of biochemical changes taking place after slaughtering
<ul style="list-style-type: none"> • Muscle activity – the more muscle activity the animal experiences the tougher the meat 	<ul style="list-style-type: none"> • Maturing / ripening / ageing – only takes place after rigor mortis. It makes meat flavour
<ul style="list-style-type: none"> • Treatment – animal must be kept calm before slaughtering so that the meat will be tender 	<ul style="list-style-type: none"> • Cooking process – heat influences both muscle fibre and connective tissue

DID YOU KNOW?

Carcass Age

A – AAA roller mark – Young animal

AB – ABAB roller mark – slightly older

B – BBB roller mark – older animal

C – CCC roller mark – old animal



3.6.2 ACTIVITIES

ACTIVITY 1

1.1 Study the picture of a lamb shanks below and answer the questions that follow:



- 1.1.1 Distinguish between the characteristics of raw lamb and raw beef. (4)
- 1.1.2 Explain why stewing is a suitable cooking method to prepare the lamb shanks. (2)
- 1.1.3 Suggest a suitable accompaniment for the stewed lamb shanks. (1)

ACTIVITY 2

2.1 Study the picture below and answer the questions that follow:

BEEF ROLL



2.1.1 State THREE advantages of stuffing a beef roll. (3)

2.1.2 Recommend TWO beef cuts in the forequarter suitable for the dish above. (2)



3.6.3 MARKING GUIDELINE FOR ACTIVITIES

ACTIVITY 1

1.1.1

BEEF	LAMB
Colour: bright red to cherry red ✓ Texture: smooth, fine, and firm ✓ Fat: creamy or yellow colour ✓ Bones: Whiter and harder ✓	Colour: bright light red ✓ Texture: smooth, fine grain firm and not dry ✓ Fat: white /pinkish ✓ Bones: soft red and porous ✓
(Any 2)	(Any 2)

(4)

1.1.2 It is a tough cut of meat/contains a lot of connective tissue. ✓

Stewing is a moist heat cooking method. ✓

Converting the white connective tissue to gelatine. ✓

Slow cooking method makes it tender ✓

(Any 2)

(2)

1.1.3 Mashed potatoes ✓

Cous cous ✓

Pap ✓

(Any 1)

(1)

ACTIVITY 2

ACTIVITY 2

2.1.1

Stretches the number of serving portions from a cut. ✓

Enhances the appearance of the prepared dish. ✓

Enhances the flavour of the meat. ✓

Makes variety of interesting dishes. ✓

(Any 3)

(3)

2.1.2

Chuck ✓

Flat rib ✓

Brisket ✓

Prime rib ✓

(Any 2)

(2)



3.6.4 EXAMINATION GUIDANCE *MEAT*

EXAMINATION TIPS FOR THIS TOPIC

- Important to understand the terminology, be able to identify different meat cuts and know the suitable cooking methods, effect of heat and accompaniments.

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 (1.1.1-1.1.3) in your WORKBOOK.

1.1.1 A cooking method suitable for a marbled, boneless cut of beef (hump):

- A Pot roast
 - B Stewing
 - C Grilling
 - D Dry frying
- (1)

1.1.2 Grilled meat is medium done when the meat is ... in the centre.

- A bright red
 - B rosy, pink to red
 - C slightly pink
 - D very red and raw
- (1)

1.1.3 A suitable accompaniment for roast venison served with sweet potato mash is ... sauce.

A apple

B red currant

C mint

D madeira

(1)

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 – 1.2.5) in your WORKBOOK.

1.2.1 A traditional sauce, served with roast pork

1.2.2 Even distribution of fat through the muscle of meat

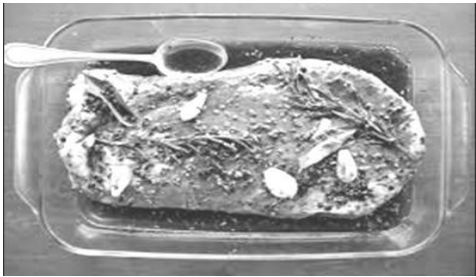
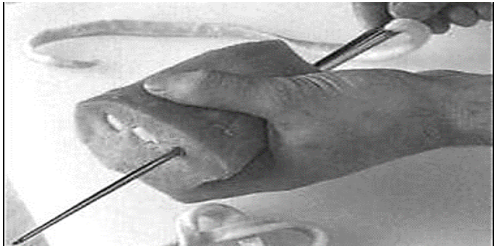
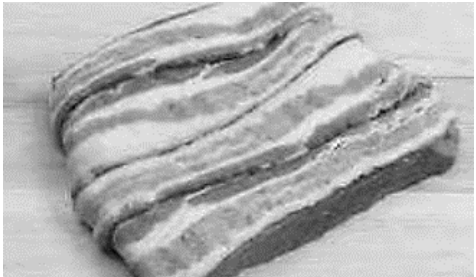
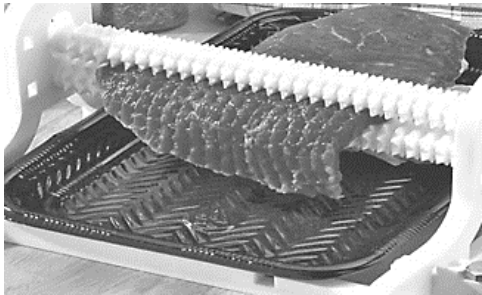
1.2.3 The yellow connective tissue found in meat

1.2.4 Spooning melted fat, meat juices or other liquids over meat during the cooking process

1.2.5 Covering a lean meat with bacon to improve taste and texture of lean meat (5)

1.3 MATCHING ITEMS

Choose the technique from COLUMN B that matches the picture in COLUMN A. Write only the letter (A–G) next to the question numbers (1.3.1 to 1.3.4) in your WORKBOOK e.g. 1.3.5 H.

COLUMN A PICTURES		COLUMN B NAME OF TECHNIQUE	
1.3.1		A	Barding
1.3.2		B	Larding
1.3.3		C	Marinating
1.3.4		D	Boning
		E	Stuffing
		F	Dressing
		G	Tenderising

(4)

LONG QUESTIONS

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



A. TOURNEDO



B. GRILLED SIRLOIN



C. BEEF OLIVES

- | | | |
|-------|---|-------------|
| 2.1.1 | Identify a beef cut that will be suitable for dish A and dish B respectively. | (2) |
| 2.1.2 | Justify the use of the filling in the beef olives above. | (4) |
| 2.1.3 | Suggest TWO accompaniments for the tournedos. | (2) |
| | TOTAL | [20] |



3.6.5 MARKING GUIDELINES

1.1 MULTIPLE CHOICE QUESTIONS

1.1.1 A✓

1.1.2 B / C✓

1.1.3 B / C✓

(3)

1.2 ONE WORD

1.2.1 Apple ✓

1.2.2 Marbling ✓

1.2.3 Elastin ✓

1.2.4 Basting ✓

1.2.5 Barding ✓

(5)

1.3 MATCHING COLUMN

1.3.1 C✓

1.3.2 B✓

1.3.3 A✓

1.3.4 G✓

(4)

2.1

2.1.1 A - Fillet✓

B - Loin✓

(2)

- 2.1.2
- Stretches the portions. ✓
 - Gives more flavour. ✓
 - Improves appearance. ✓

- Makes it more succulent and juicier/ adds moisture/ less dry. ✓
- Creates more interesting dishes. ✓
- Improves nutritive value. ✓

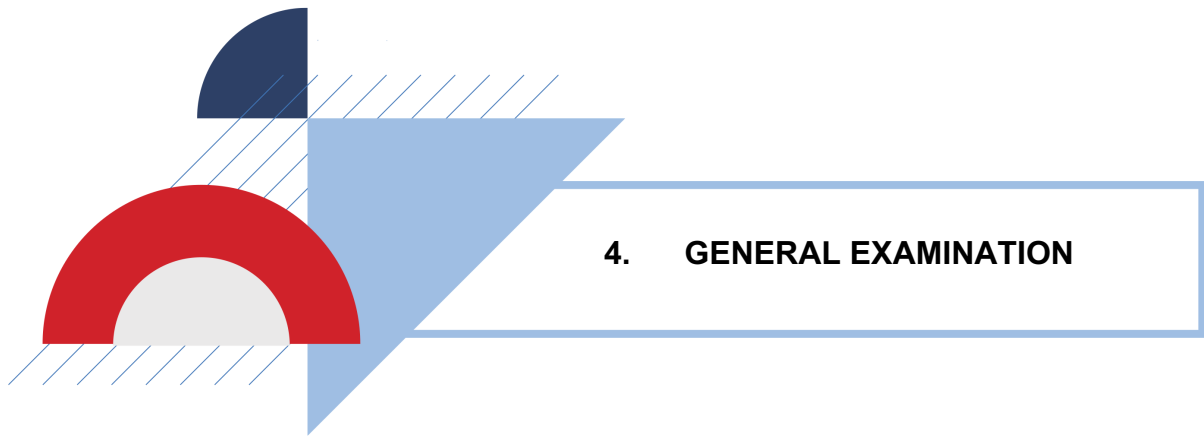
(Any 4) (4)

2.1.3

- Truffles ✓
- Foie gras/duck liver ✓
- Croûte ✓
- Any sauce (e.g., madeira sauce) ✓
- Vegetables (e.g., grilled vegetables) ✓
- Starch (e.g., mashed potatoes) ✓
- Salad (e.g. Greek salad) ✓

(Any 2 relevant answers) (2)

TOTAL [20]



4. GENERAL EXAMINATION

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

- 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

- 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 important 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.

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

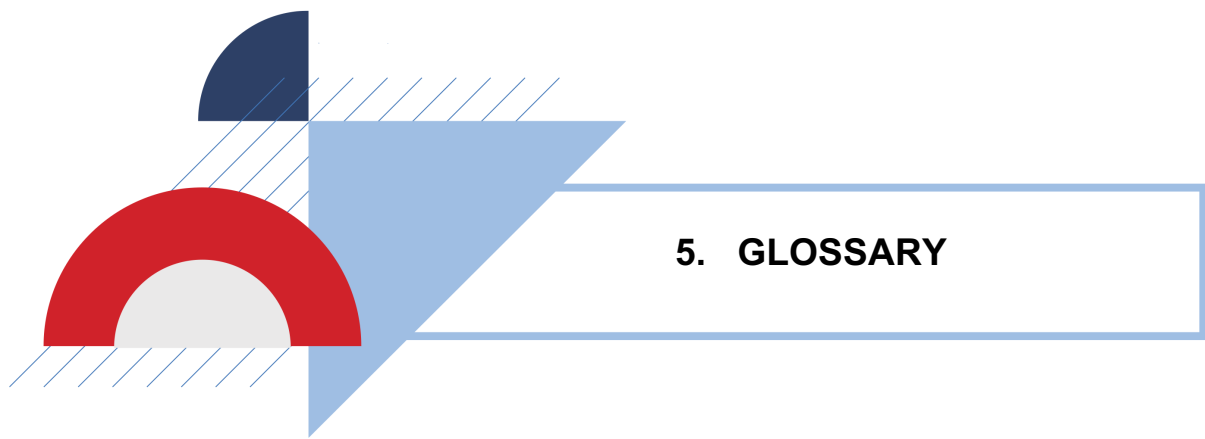
ACTION VERB	WHAT IS REQUIRED OF YOU
Analyse	Separate, examine and interpret information
Argue/debate/reason	It means to reason about the positives and negatives, advantages or disadvantages
Calculate	It involves providing a formula and then proceeding with the calculations
Classify	Divide into groups 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
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.
- Switch of your cellphone when studying.



5. GLOSSARY

DESSERT

TERM	DESCRIPTION
Bain marie	Warm water bath with a shallow container. Steam used to keep food warm
Caramelising	Sugar is heated beyond hard crack stage, develops a golden-brown colour
Compote	Fruit sauce made with pieces of fresh (or frozen) fruit and some sugar, cooked briefly on the stove
Coulis	Pureed raw or cooked fruit
Creaming	Beating sugar and fat until the mixture is creamy and fluffy in texture
Crème Chantilly	Fresh whipped cream sweetened with sugar
Dusting	Sprinkling a thin layer of icing sugar over a product
Ganache	Blend of chocolate and cream used as a filling or glaze
Moulding	Placing a mixture into a container to set
Puréeing	Smooth, pulp mixture is created by using a blender or sieve
Tempering	To heat and cool chocolate for a smooth, hard, shiny finish
Tuiles	Crisp, paper-thin biscuits that is shaped when hot
Unmoulding	Turning set mixtures out of a mould

GELATINE

TERM	DESCRIPTION
Agar-agar	A gum derived from seaweed. Gelatin substitute
Aspic	A clear, highly flavoured and salted jelly made from stock
Clarifying	When making wine, beer or fruit juice to clear it
Dispersion	Adding hydrated gelatin directly to a hot liquid or melting the hydrated gelatin over a steam /a hot water bath /or melting in the microwave oven for few seconds
Enzymes	Proteins that cause a chemical reaction
Gelation	Gelatin mixture is refrigerated to set or to form a solid gel
Hydration	Addition of cold water to gelatin to absorb the water and swell out
Proteolytic enzymes	Enzymes that break down the setting power of gelatin so that the final product will not set

PRESERVED FOOD

Curing	Preserving food by using salt and sometimes spices and nitrates may be added
Canning	Using heat during canning to destroy enzymes and micro organisms
Enzymes	It is a biological molecule that speeds up the breakdown process in food
Fermentation	Conversion of carbohydrates to carbon dioxide and alcohol by yeast or bacteria
Food additive	A substance that is added to a food product for a specific reason such as preserving it
Freeze drying	Drying food by removing ice crystals from frozen food
Micro-organisms	Can't be seen with the naked eye but are visible under microscope and include bacteria and fungi (mould and yeast)
Pickle	Preserving food in vinegar or brine
Rancidity	Breakdown of the polyunsaturated fatty acids in fats that results in off odours and flavours

Shelf life	The length of time that a food product can be stored and still be safe for human consumption
Sterilisation	Removal of all micro-organisms through extended boiling, at temperatures much higher than boiling point
Vacuum packaging	A food preservation method in which fresh or cooked food is placed in an airtight packaging and all the air is removed from the packaging through vacuum process, and the packaging is then sealed
Enzymes	It is a biological molecule that speeds up the breakdown process in food
Shelf life	The length of time that a food product can be stored and still be safe for human consumption
Vacuum packing	A food preservation method in which fresh or cooked food is placed in an airtight packaging. All the air is removed through the vacuum process, and the packaging is then sealed
Micro-organisms	Can't be seen with the naked eye but are visible under the microscope. It includes bacteria and fungi (mould and yeast)
Fermentation	Yeast or bacteria convert carbohydrates to carbon dioxide and alcohol
Freeze drying	Drying food through the evaporation of ice crystals from frozen food
Curing	Preserving food by using salt and sometimes spices and nitrates may be added

VEGETARIAN

TERM	DESCRIPTION
Legumes	Dry pulses (beans, peas, lentils), protein rich soft seeds Low in fat, cholesterol free, natural source of fibre, gluten free Examples of beans: red kidney, black-eyed, soy, butter, sugar beans, green split peas
Miso	Fermented soy product used to flavour dishes
Tempeh	A bean cake made from fermented soybeans
Tofu	A white, cheese like curd made from soybeans which have very little flavour

PASTRY

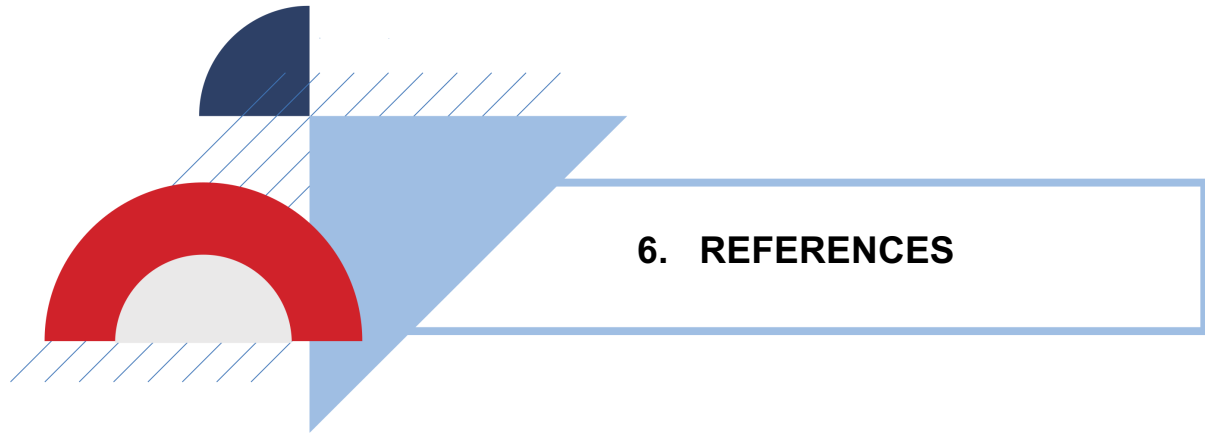
TERM	DESCRIPTION
Blind baking	Baking a crust before it is filled with the desired filling
Cartouche	A circle of baking paper
Docking	Piercing small holes into a raw pastry to prevent it from rising during baking
Laminated	Delicate layers
Lining	To cover the inside of a baking tray with non-stick baking paper
Shortening	A solid type of fat used especially for making pastry

MEAT

TERM	DESCRIPTION
Cold shrinkage	Rapid cooling of warm carcass which causes cold shrinking of muscles, which could lead to making the meat tough
Collagen	A white connective tissue in meat that changes into gelatin with moist heat
Dry ageing	Under controlled conditions beef is hung for 10 to 12 days, makes meat tender and flavoursome
Elastin	A yellow connective tissue which is extremely elastic and very tough
Game meat	The meat of any animal that is hunted
Marbling	Even distribution of fat throughout the muscle of meat

Rigor mortis	A result of biochemical changes taking place within the muscle fibres causing them to contract and stiffen
Sarcoplasm	A nutritious, flavourful, red coloured meat juice
Subcutaneous fat	Outer fat layer just below the skin that covers the body of the animal
Wet ageing	Method of maturing beef, where beef is vacuum packed and kept in the refrigerator

PREPARATION METHODS	DESCRIPTION
Barding	Covering the surface of meat with thin slices of bacon
Basting	Spooning melted fat, meat juices or other fluids over the meat during the cooking process
Binding	Tying a roast with a string and securing it with knots at regular intervals
Carving	Meat is sliced thinly against the grain using a carving knife
Larding	Inserting strips of fat or vegetables into the large meat cuts using larding needle
Marinating	Seasoned mixtures of oil and acid into which meat is submerged for an hour or two
Stuffing	Fill the interior of prepared joints of meat with forcemeat, or any other appropriate mixture



6. REFERENCES

DESSERTS

Baked desserts:

<https://www.westoftheloop.com/about-the-site/>

Puddings:

<https://www.stayathomemum.com.au/>

<https://www.fearlessdining.com/>

Poached pears:

<https://bakingamoment.com/poached-pears/>

Fried desserts:

<https://www.bbcgoodfood.com/>

Custards:

<https://www.recipetineats.com/>

https://www.marmiton.org/recettes/recette_creme-patisserie-facile_28714.aspx

<https://www.finecooking.com/>

<https://www.dissapore.com/>

<https://www.fifteenspatulas.com/orange-scented-creme-brulee/>

Jellies:

<https://www.google.com/search?q=123rf&oq=123RF&aqs=chrome.0.0i355i433i512j46i199i433i465i512j0i512i6j46i175i199i512j0i512.963j0j4&sourceid=chrome&ie=UTF-8>

<https://www.goodto.com/>

Mousse:

<https://www.bettycrocker.com/>

Creams:

<https://community.today.com/>

<https://foodies.co.uk/>

<https://www.epicurious.com/recipes/food/views/panna-cotta-14224>

Frozen desserts:

<https://paleogrubs.com/>

<https://www.savingdessert.com/>

<https://www.simplyrecipes.com/>

<https://community.today.com/>

<https://foodnetwork.com/>

<https://themissingloknness.com/2014/05/22/milk-chocolate-ice-cream-parfait/>

<https://preppykitchen.com/>

<https://www.friendlysrestaurants.com/menu-item/royal-banana-split/>

Meringues:

<https://www.bakefromscratch.com/>

<https://www.bestrecipes.com.au/>

<https://laurencariscooks.com/>

<https://foodies.co.uk/>

<https://www.meilleurduchef.com/en/recipe/vacherin-meringue-ice-cream.html>

<https://www.foodnetwork.com/recipes/food-network-kitchen/baked-alaska-recipe-2125603>

https://www.simplyrecipes.com/recipes/lemon_meringue_pie/

<https://www.recipedose.com/dessert/recipe-for-baked-alaska.html>

<https://liliebakery.fr/en/mini-pavlovas-with-red-fruits/>

Cheesecake:

<https://sallysbakingaddiction.com/no-bake-cheesecake/>

GELATINE

Gel types:

[What's the Difference Between Powdered and Sheet Gelatin? | Allrecipes](#)

[How to Bloom Gelatin - Baking Bites](#)

Dispersion:

[Edible Gelatin Plastic - How To CAKE That](#)

[Dissolving gelatine in bain marie – License Images – 165321 | StockFood](#)

Setting gelatine dishes:

[Recipes | GELITA Leaf gelatine](#)

[Colorful Gelatins \(kiwilimon.com\)](#)

[Raspberry Panna Cotta by nm_meiyee | Quick & Easy Recipe | The Feedfeed](#)

Uses of gelatine:

[How to make sweet \(Stabilized\) Stiff Whipped Cream - Through Her Looking Glass](#)

[How To Clear Your Beer! – Featherstone Ferments \(wordpress.com\)](#)

[Various types of ice cream Stock Photo - Alamy](#)

[Fruits That Ruin Jell-O and Other Gelatin Desserts \(sciencenotes.org\)](#)

Gelatine moulds:

[Decorating with Copper Molds - Thrifty Style Team - 2 Bees in a Pod](#)

Factors influencing jellying:

[3 Ways to Use Agar-agar - wikiHow](#)

[The Refrigerator Temperature Your Fridge Should Be Set to \(Chart and Tips\) | Real Simple
www.all-free-downloads.com](#)

[Fruit-flavored gelatin candy coated with sugar Stock Photo - Alamy](#)

[Carnation Milk Jelly \(aka Jelly Fluff\) | Anna in the kitchen \(wordpress.com\)](#)

[Proteolytic Enzymes: How They Stop Pain and Improve Health \(losethebackpain.com\)](#)

[5 Cocktail-Inspired Jello Shots | Kitchn \(thekitchn.com\)](#)

Crossword puzzle:

[Crossword Puzzle Generator \(superteacherworksheets.com\)](#)

[Kiwi Jelly stock photo. Image of dinner, pulp, meal, jelly - 48525872 \(dreamstime.com\)](#)

[WTF Is Aspic, The Internet's Favorite New Meme? \(questofaguest.com\)](#)

[Stabilized Whipped Cream - Erren's Kitchen \(errenskitchen.com\)](#)

[Grapes & Corks \(grapesandcorks.com\)](#)

[Cranberry Yogurt Foam recipe | Eat Smarter USA](#)

PRESERVATION

Drying :

<https://www.ruralsprout.com/dehydrate-fruit-at-home>

Smoking :

<https://www.pioneersmokehouses.com/6-questions-about-smoking-fish/>

Freezing :

<https://www.dlg.org/en/food/topics/dlg-expert-reports/food-technology/dlg-expert-report-3-2018>

Vacuum packaging:

<https://blog.hamiltonbeach.com/vacuum-sealing-101-preserve-food-with-the-nurtrifresh-vacuum-sealer>

Freezing:

<https://www.istockphoto.com/photo/frozen-vegetables-in-a-bag-in-the-freezer-frozen-bell-peppers-gm1303106761-394657316>

Pickled beetroot:

<https://www.dailymail.co.uk/news/article-3238577/Asda-recalls-thousands-jars-pickled-beetroot-contaminated-deadly-BOTULISM-bacteria.html>

Food label:

<https://dandelionsandthings.blogspot.com/2018/05/33-fiber-one-bars-nutrition-label.html>

Preservation methods: <https://www.gardeningknowhow.com/edible/fruits/peach/planting-peach-seeds.htm>

VEGETARIAN

Vegetarians:

<https://sites.psu.edu/siowfa15/2015/09/16/why-do-people-become-vegetarians/>

<https://www.aicr.org/cancer-prevention/food-facts/lacto-ovo-vegetarian-diet/>

<https://images.wisegeek.com/dairy-products-on-table.jpg>

<https://recipes.timesofindia.com/articles/features/are-brown-eggs-healthier-than-white-ones/photostory/60293164.cms>

<https://za.pinterest.com/pin/525936062741872119/>

<https://www.flowstobay.org/preventing-stormwater-pollution/in-my-community/eating-fish-or-fishing-from-the-san-francisco-bay-pacific-ocean/>

<https://ast-ss.com/i-usually-have-3-or-4-pieces-of-fruit-a-day-last-night-a-guy-at-my-gym-was-telling-me-that-fruit-is-not-really-a-good-thing-to-snack-on-because-its-all-simple-carbs-and-that-it-will-turn-to-fat-eas/>

Nuts:

<https://nationaltoday.com/national-grab-nuts-day/>

Legumes:

<https://www.health.harvard.edu/staying-healthy/legumes-a-quick-and-easy-switch-to-improve-your-diet>

Tofu:

<https://www.amazon.ca/Mori-Nu-Silken-Tofu-Extra-Ounce/dp/B000LKZ86K?th=1>

<https://www.thespruceeats.com/what-is-tofu-definition-and-recipes-3376822>

Tempeh:

<https://fullofplants.com/black-bean-tempeh-soy-free/>

Miso:

<https://www.finecooking.com/article/all-about-miso>

TVP:

<https://www.healthyvege.com/shop-vegefarm-vegan-food/vegefarm-vegan-tvp-texture-vegetable-protein>

<https://www.healthyvege.com/shop-vegefarm-vegan-food/vegefarm-vegan-tvp-texture-vegetable-protein>

Beans:

<https://www.humnutrition.com/blog/how-to-soak-beans/>

<http://www.homemakingsimplified.com/2014/03/how-to-sort-and-clean-dry-beans.html>

[Fresh Caught Fish; Tarifa, Cadiz, Andalusia, Spain - Stock Photo - Dissolve](#)

[Pork Kebabs with Apple Jelly | RICARDO \(ricardocuisine.com\)](#)

[How to make Lemon Curd - Baker by Nature](#)

[Plant A Peach Pit: Growing Peaches From Seed \(gardeningknowhow.com\)](#)

TVP – Textured Vegetable Protein

[Textured Vegetable Protein, Soy Meat for a Vegetarian Diet Stock Photo - Image of dietetic, protein: 81912382 \(dreamstime.com\)](#)

PASTRY

Nutritional value food groups:

[Pastry | Baking Processes | BAKERpedia](#)

[Choux Pastry Mix - Manufacturer & Exporter of Choux Pastry Premix \(swissbake.ch\)](#)

Short crust pastry:

[Lemon-Meringue Tartlets | Martha Stewart](#)

[Home Made Hertzoggies - Biltong St Marcus](#)

<https://cooking-ez.com/desserts/recipe-french-custard-tart.php>

[Easy Fruit Tart Recipe | DessArts](#)

[Classic Quiche Lorraine Recipe - NatashasKitchen.com](#)

[50 Savory Dinner Pies Perfect for Chilly Nights \(tasteofhome.com\)](#)

[barquettes - Liberal Dictionary \(tekportal.net\)](#)

[Paris flan filling - Cooking-ez.com](#)

Puff pastry:

[Bouchée à la Reine - French Cooking Academy \(thefrenchcookingacademy.com\)](#)

[Perfect beef wellington \(taste.com.au\)](#)

[Fleurion - - Decorations | Pretagarnir.com](#)

[Custard Slices | Clover Corporate](#)

[Raspberry Palmier Cookies - Tornadough Alli {A Fun Easy Cookie Recipe}](#)

[Cooking with Manuela: Italian Cream Stuffed Cannoncini \(Cream Horns\)](#)

[Perfect Quick and Easy Rough Puff Pastry - The Flavor Bender](#)

Phyllo pastry:

[Apple Strudel Stock Photo - Download Image Now - iStock \(istockphoto.com\)](#)

[Greek Baklava Recipe - Flavorite](#)

[Galaktoboureko Greek Custard Phyllo Dessert - SugarOverSalt](#)

[Cooking with filo pastry - Healthy Food Guide menu \(worldofsamoosas.co.za\)](#)

[Saudi Pur Wide - Switz Samosa Pastry - Quality Halal Frozen Foods | Spices | Burgers |
Sauces | Drinks \(freezenspice.co.uk\)](#)

[Best Spanakopita Recipe - How to Make Spanakopita \(delish.com\)](#)

[Spring Rolls \(Extra Crispy and Best Recipe!\) - Rasa Malaysia](#)

Choux pastry:

[Gluten Free Profiteroles Recipe \(dairy free option\) - BEST EVER! \(glutenfreecupatea.co.uk\)](#)

[Cream Puffs - The Washington Post](#)

[Homemade Beignet Recipe + VIDEO | Lil' Luna \(lilluna.com\)](#)

[Gateau St. Honore with Salted Caramel - Mon Petit Four®](#)

[390,994 Cabbage Stock Photos, Pictures & Royalty-Free Images - iStock \(istockphoto.com\)](#)

[Croquembouche With Roses Stock Photo - Download Image Now - iStock \(istockphoto.com\)](#)

[Homemade Baked Churros Recipe Recipe | Bigger Bolder Baking](#)

[Paris Brest | Artisan Bakery & Pastry \(paris-brest.vn\)](#)

[Pommes Dauphine - French Potato Puffs \(Crispy Outside,Buttery Inside\) - YouTube](#)

Interesting facts:

[Choux Pastry | Baking Processes | BAKERpedia](#)

Steps in making choux:

[Perfect Profiteroles {Little French Cream Puffs} - Of Batter and Dough](#)

Lining:

[What does it mean to line a baking tray? | How To + 3 Easy Hacks - Eco Family Life](#)

[Baking Pans - Prepare or Preparing for Baking | CraftyBaking | Formerly Baking911](#)

Baking blind:

[How To Blind Bake A Pie Crust: Easy Pre-Baking Step-By-Step Guide | Kitchn \(thekitchn.com\)](#)

[Bake pastry blind \(leiths.com\)](#)

Docking:

[How to make Sweet Shortcrust Pastry \(with video!\) - Vintage Kitchen Notes](#)

[The art of docking a pastry | Lisa Fritz | theeagle.com](#)

Cartouche:

[Bake pastry blind \(leiths.com\)](http://leiths.com)

[The Shape of Your Butter - Mid-West Farm Report \(midwestfarmreport.com\)](http://midwestfarmreport.com)

[Homemade Cake Flour Substitute - Live Well Bake Often](#)

MEAT

Lamb carcass summary:

www.healthymeat.co.za

Accompaniments:

[Atjar - Mattheeussens-Wido B.V. \(mado-conserven.nl\)](http://mado-conserven.nl)

Beef Carcass:

<https://www.freddyhirsch.co.za/shop/products/meat-cuts-poster-beef>

Pot roasting:

<https://cafedelites.com/slow-cooked-balsamic-pot-roast/>

Barbecue:

<https://www.bbcgoodfood.com/recipes/collection/barbecue-beef-recipes>

Fried dish:

<https://www.thekitchn.com/steak-diane-recipe-23198197>

Beef Roast:

<https://www.delish.com/cooking/recipe-ideas/a23584914/perfect-roast-beef-recipe>

Textbooks:

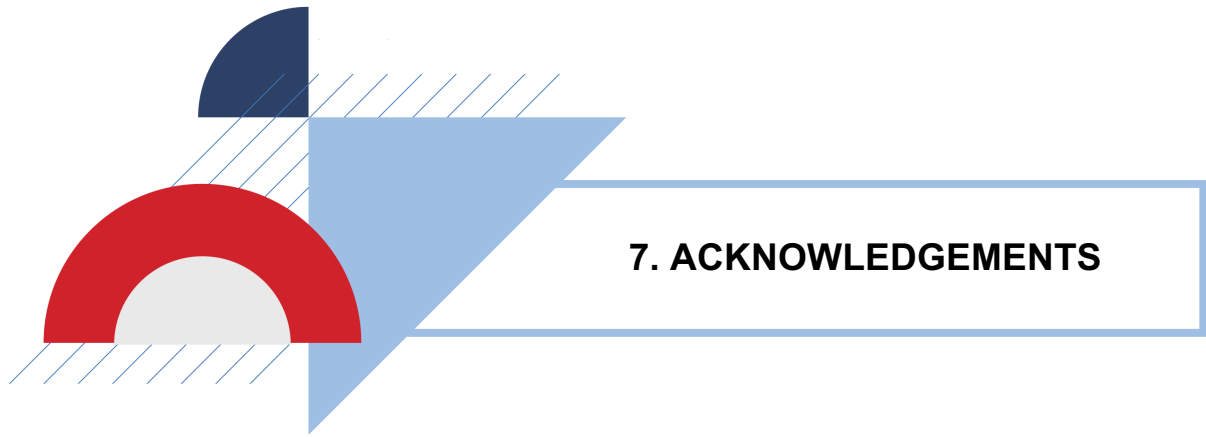
Master Hospitality Studies Grade12 Learner's book: Publisher Master Books, F Le Roux, S. Burger, D-L, Kempen, H.A Saaiman, Lvan Velden.

Focus Hospitality Studies Grade12 Learner's book: Publisher Maskew Miller Longman, G du Rand, J. Spowart, M. Steyn.

Hotel keeping and catering for Today Grade 12: Publisher NASOU, H van Hyssteen, R Nanny, T Diedericks, M Steyn, M Steynberg.

Past Exam Papers:

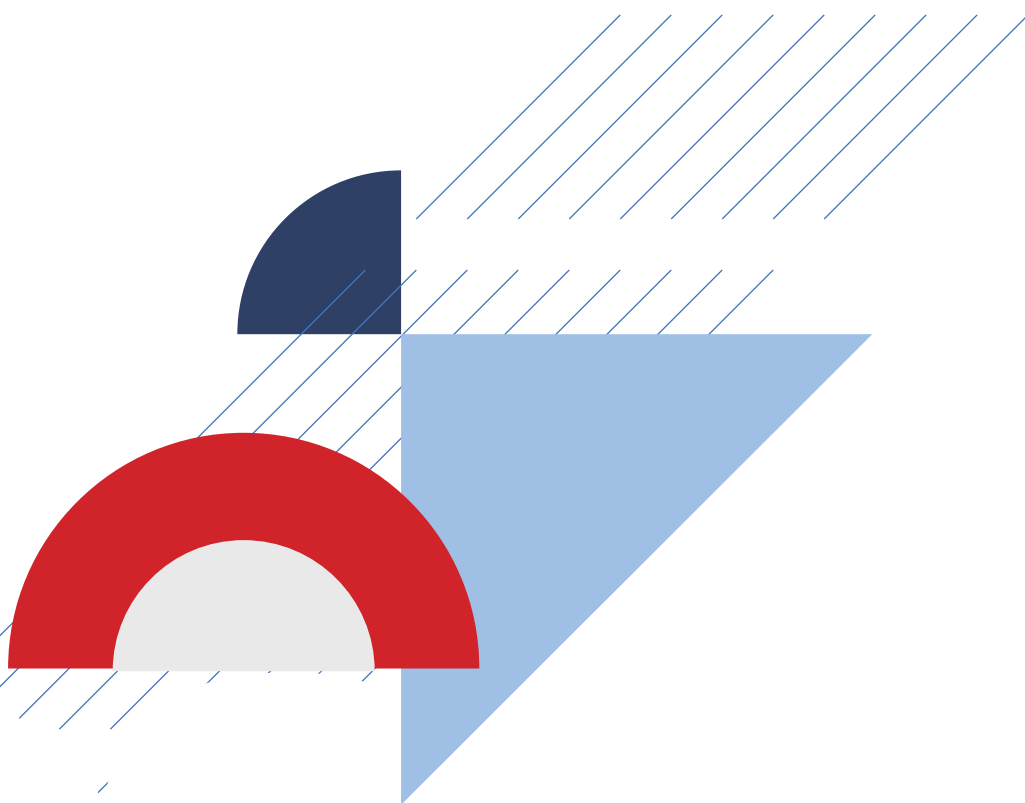
DBE / NCS / SC November 2017 – 2021, EC Sept 2019, E/C September 2020



7. ACKNOWLEDGEMENTS

V. Govender (CES: Services Subjects)

- F. le Roux (GP CES: Services Subjects)
- S. Burger (GP SES: Services Subjects)
- E. Malinga (GP SES: Services Subjects)
- E. Caulkin (FS SES: Services Subjects)
- S.P. Mohale (FS SES: Services Subjects)
- N.N Zulu (EC SES: Services Subjects)
- N.C Buthelezi (KZN:CES Services Subjects)
- C. Mhlongo (Limpopo SES: Services Subjects)
- K.R. Modise (NW SES: Services Subjects)
- B.T. Maseje (NW SES: Services Subjects)
- Teacher Reviewers (All Provinces)



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

ISBN : 978-1-4315-3542-2

This publication is not for sale.

© Copyright Department of Basic Education

www.education.gov.za | Call Centre 0800 202 993