

HOT – Culinary Technology

T073

Thursday, 10/11/2016

08:30 – 11:30

WORKFORCE DEVELOPMENT AUTHORITY



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**ADVANCED LEVEL NATIONAL EXAMINATIONS, 2016,
TECHNICAL AND PROFESSIONAL STUDIES**

EXAM TITLE: Culinary Technology

OPTION: Hotel Operations (HOT)

DURATION: 3hours

INSTRUCTIONS:

The paper is composed of **three (3) main Sections** as follows:

- | | |
|---|-----------------|
| Section I: Seventeen (17) compulsory questions. | 55 marks |
| Section II: Attempt any three (3) out of five questions. | 30 marks |
| Section III: Attempt any one (1) out of three questions. | 15 marks |

Note:

Every candidate is required to carefully comply with the above instructions. Penalty measures will be applied on their strict consideration.

Section I. Seventeen (17) Compulsory questions

55marks

01. Define "Roasting" **4marks**
02. Name at least two kinds of foods that are often baked. **2marks**
03. Ingredients play special a role in baking and cooking process. Some functions are crucial to the success of the finished product.
Name at least **four dry** ingredients, **four liquid** ingredients and **four Fat** ingredients that can be used in baking. *4) make food digestible + safe - Create good appearance by modifying flour + texture* **6marks**
04. Outline the **four** objectives of bread baking. **4marks**
05. When buying cookware, keep in mind that you are making a major investment that should last for years. List at least **four** things to look at when collecting cookware. **4marks**
06. List **three** considerations when buying food preparation tools. **3marks**
07. Give **three** reasons for storing food properly. **3marks**
08. Give the role of a wire whisk. *chocolate drink in liquor in meal* **2marks**
09. Give the difference between a meat thermometer and a candy thermometer. *meat thermometer* *Candy thermometer* *Sunn-Sand* **2marks**
10. When measuring ingredients, don't hold the cup or spoon over the bowl in which you are mixing. An extra amount of the ingredient may spill into the bowl and ruin the recipe. Give **three** steps to measure the level amounts of dry ingredients. *- Spoon measuring cup* **4marks**
11. Explain the following food preparation techniques. Which kinds of tools are used? a) Chop b) Sift. **2marks**
12. Different methods can be used for cooking food. Give **four** reasons which will guide you for choosing one. *- boiling - Roasting / frying - stewing - stir steaming - Baking* **4marks**
13. If you want buying a refrigerator, how can you decide the kind of refrigerator you need. Give at least **three** reasons. **3marks**
14. Various methods are used to cook food in fat. Outline **three** methods among them. **3marks**
15. Give any **three** advantages of cooking meat with dry heat. **3marks**
16. Efficient meals preparation requires following some steps. Name **six** steps you must consider when planning meals. *materials* **3marks**

17. Nutrients in food can be wasted through careless, handling and preparation.

Name at least **three** guidelines which can help you to conserve nutrients.

- glucose, mineral, vit, protein

3marks

Section II. Choose and Answer any three (3) questions.

30marks

18. Describe at least **four ways** to keep yourself clean when working with food.

10marks

19. Without recipes, cooks would be uncertain how to prepare dishes. Describe the importance of reading a recipe carefully before you decide to use it.

10marks

20. Describe the difference between simmering and boiling basing on nutrients quality.

Simmering = is slow cooking of food under boiling point
- Improve taste, - It is economical

10marks

21. Describe **five** considerations you should look at when buying:

a) Fresh fish (give 5)

b) Frozen fish (give 5).

10marks

22. Describe the procedure and ingredients for cooking Basic fried rice.

10marks

Section III. Choose and Answer any one (1) question

15marks

23. How can you control the results when broiling food?

15marks

24. Describe the procedure of cooking Potato Gnocchi with tomato sauce.

- washing potato, cutting, boiling in water, the put tomato sauce in potato, then serve

15marks

25. Cooking affects meal in several ways. Explain how it affects meat.

15marks

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