

Section I. Choose and answer any six (6) questions**30 marks**

- ✓ (01) Precise three (3) appropriate boiling tools and their remember safety. (5 marks)
- (02) Classify the cooking methods according to how heat is applied. (5 marks)
- ✓ (03) Name at least three (3) suitable kinds of foods that are often roasted. (5 marks)
- ✓ (04) Demonstrate disadvantages and advantages of deep frying of food item (5 marks)
- (05) What is the importance of grilling food item? (5 marks)
- ✓ (06) What do you understand by boiling? (5 marks)
- (07) Explain the procedures of poaching food item. (5 marks)
- ✓ (08) Explain the term steaming of food in general (5 marks)
- ✓ (09) Name four (4) liquids used to poach food. (5 marks)
- ✓ (10) Write the statement which is true about roasting meat and poultry. (5 marks)
- a) The oven should be cold before cooking the meat.
- b) The oven should not be preheated.
- c) The oven temperature should be reduced after the meat has been in the oven for a certain amount of time.
- d) The oven temperature should be increased after the meat has been in the oven for a certain amount of time.

Section II. Choose and Answer any seven (7) questions

70 marks

✓ (11) A big number of food items are cooked boiled; and in Rwanda it is considered as a traditional method of cooking, explain two ways of boiling food. **(10 marks)**

✓ (12) You are going to cook rice:
a) What two methods that can be used to cook rice?
b) What are the main ingredients to be used?
c) Name any two equipment used to cook rice. **(10 marks)**

(13) We cook food for different purposes. As a professional cook give five reasons for cooking food. **(10 marks)**

✓ (14) You are going to cook plain omelet;
a) What are four ingredients for omelet preparation?
b) What is the cooking method for plain omelet?
c) What equipment is needed to prepare plain omelet? **(10 marks)**

(15) Fish fillet is more delicate and can be damaged if it is not cooked in appropriate method. Illustrate five methods that can be used to cook fish. **(10 marks)**

✓ (16) As a cook your customer ordered a plate of chips;
a) Write ingredients used
b) Name cooking method
c) Equipment used. **(10 marks)**

(17) When you are frying it requires you to be careful as it can cause accidents or you get poor quality product, what are five general rules for frying? **(10 marks)**

✓ (18) Different food items are cooked by using stir frying method; identify five food ingredients that can be cooked using stir frying method. **(10 marks)**

✓ (19) Food is smeared with very little oil, put in uncovered oven, and this food is cooked by surrounding heat and it is used for cooking chicken, fish and vegetable;

- a) What is this method of cooking?
- b) Mention three advantages of this method?

(10 marks)

✓ (20) In culinary art chefs use technical terms when they are in their shifts at job of cooking; explain the following terms commonly used:

- a) Blend
- b) Knead
- c) Whisk
- d) Simmering
- e) Marinate

(10 marks)