

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. **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. **2marks**
- 09.** Give the difference between a meat thermometer and a candy thermometer **2marks**
- 10.** When measuring ingredients, don't hold the cup or spoon over the bowl which you are mixing. An extra amount of the ingredient may spill into bowl and ruin the recipe. Give **three** steps to measure the level amount dry ingredients. **4marks**
- 11.** Explain the following food preparation techniques. Which kinds of tools used? a) Chop b) Sift. **2marks**
- 12.** Different methods can be used for cooking food. Give **four** reasons which guide you for choosing one. **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 that must consider when planning meals. **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.
- 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.
- 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.
- 15marks**
- 25.** Cooking affects meal in several ways. Explain how it affects meat.
- 15marks**