

2017

1. **TICK (✓) the box next to each statement to show if it is TRUE or FALSE. [3]**

	TRUE	FALSE
(i) Hands should be dried using paper towels.		
(ii) A sous chef is in charge of a catering kitchen.		
(iii) Kitchens should be well ventilated.		

2. **Match the correct culinary terms to the meanings below. [3]**

For example if you think the answer to (i) is **C**

write **C** in the box.

- A** Mise-en-place
- B** En Croute
- C** Roux
- D** Au Gratin
- E** Coulis

(i) A sauce made from fruit puree.

(ii) Preparation before cooking.

(iii) A dish sprinkled with breadcrumbs and cheese then browned.

3. Complete the following sentences with the correct **FOOD SERVICE** method. [3]

For example if you think the answer to (i) is **C**

write in the box.

A Gueridon

B Fast food

C Table

D Counter

E Vended

(i) Customers collect their own meals from a display area.

(ii) A wide range of snacks are sold from a machine.

(iii) Food is 'finished' at the customer's table.

4. Poor hygiene can lead to food poisoning.

(a) List **THREE** personal hygiene rules that all kitchen staff must follow. [3]

(i) _____

(ii) _____

(iii) _____

4(b) Name **TWO** food poisoning bacteria. [2]

(i) _____

(ii) _____

(c) State **TWO** conditions that prevent the growth of pathogenic bacteria. [2]

(i) _____

(ii) _____

4(d) All caterers must adhere to the Food Hygiene Regulations.

Describe the '90 MINUTE' rule. [2]

5. Pasta is a very popular commodity.

(a) Name a pasta shape OTHER than spaghetti. [1]

(b) State the main nutrient in pasta. [1]

(c) Give the term used to describe correctly cooked pasta. [1]

5(d) Pasta dishes can lack colour and flavour.

Discuss ways in which pasta dishes can be made more interesting and appealing. [5]

6(c) State TWO quality points the caterer would look for when accepting a delivery of:

(i) **SOFT FRUITS**, such as strawberries. [2]

1. _____

2. _____

6(c) (ii) **GREEN**, leafy vegetables. [2]

1. _____

2. _____

7(b) Suggest how ICT can help when selecting the new menu. [3]

(i) _____

(ii) _____

(iii) _____

7(c) Give TWO examples of how ICT could be used to advertise the new menu. [2]

(i) _____

(ii) _____

8. A local pub is going to start producing evening meals and needs to employ additional staff.

(a) Identify **THREE** qualities the Manager will look for when appointing a chef. [3]

(i) _____

(ii) _____

(iii) _____

8(b) State **THREE** overheads that need to be covered from the pub's income. [3]

(i) _____

(ii) _____

(iii) _____

Mark scheme

Q.1	Award 1 mark for each correct answer. [3] (i) True (ii) False (iii) True
Q.2	Award 1 mark for each correct answer. [3] (i) E (ii) A (iii) D
Q.3	Award 1 mark for each correct answer. [3] (i) D (ii) E (iii) A
Q.4 (a)	Award 1 mark for each correct PERSONAL hygiene rule, up to a maximum of 3. [3] <ul style="list-style-type: none"> Wash/clean hands/wear disposable gloves (could refer to coughing/sneezing but no marks for just this) Short nails/no nail varnish/acrylics/wear disposable gloves Daily bath/shower Hair tied back/wear hat/hairnet Wear clean chef whites/uniform/apron No jewellery/piercings Don't work when ill/stomach upset Blue plaster on cuts No strong odours or perfume No touching of body parts Change clothes/shoes before starting in the kitchen <p>Accept any other suitable responses. Do not award kitchen/food hygiene rules.</p>
(b)	Award one mark for each named bacterium up to a maximum of 2. [2] <ul style="list-style-type: none"> Salmonella Staphylococcus Aureus (Staph A, S Aureus) Listeria Clostridium Perfringens Bacillus Cereus Campylobacter E Coli Botulism Shigella

(c)	Award 1 mark for each correct answer up to a maximum of 2. [2] <ul style="list-style-type: none"> Acid/vinegar/pickling/lemon juice Dried/no moisture High sugar content/jam making High salt content/salting/smoking/curing Freezing/place in freezer (may refer to -18 but not essential) Removal of air (vac pac/canning) Cooking to a high temperature (75°C or reference to boiling)
(d)	Award 0 marks for an incorrect response. [2] Award 1 mark for stating what the rule relates to i.e. hot food being chilled/cooled within 90 minutes. Award 1 mark for an explanation stating why this must be done – to prevent bacterial growth. <p>Sample answer: Making a lasagne for tonight's food service should be cooled to 5°C within 90 minutes of coming out of the oven. (award 1 mark)</p> <p>To avoid food poisoning/prevent bacterial growth/stop customer getting ill. (award 1 mark)</p>
Q.5 (a)	Award 1 mark for any one-named pasta – not spaghetti. [1] <ul style="list-style-type: none"> Angel Hair Macaroni Cannelloni Conchiglie/shells Farfalle/Bows Fettuccine Fusilli/twists Lasagne Linguine Orzo Penne Ravioli Rigatoni Tagliatelle Tortellini
(b)	Award 1 mark for Carbohydrate. [1]
(c)	Award 1 mark for Al dente. [1]

	(d)	<p>Award 0 marks for an unacceptable response. [5]</p> <p>Award 1-2 marks for a basic understanding of how to make pasta dishes appealing – may be a list of dishes.</p> <p>Award 3-4 marks for an answer that includes both a list of dishes and reference to adding flavours/colours/accompaniments.</p> <p>Award 5 marks for an answer that could refer to specific dishes, or interesting pasta shapes, flavoured sauces and a finish/garnish. This answer will be detailed, innovative and comprehensive with many points explained.</p> <p>Answers could refer to:</p> <ul style="list-style-type: none"> Suitably named pasta dishes Suitably named pastas/pasta shapes Pasta cooked to al dente Suitably named sauces/flavoured sauces/colourful sauces Toppings – au gratin, grated parmesan, basil leaves, drizzled oils Reference to accompaniments such as garlic bread, colourful side salad Coloured pastas Herbs/garlic/chilli Flavoured oils Add vegetables Presentation with some qualification, serving dish/garnishing Add specific ingredients to add texture e.g. <p>Accept any other suitable response.</p>
Q.6	(a)	<p>Award 1 mark for each correct answer up to a maximum of 2 marks. [2]</p> <p>(i) Steaming/pressure cooking (ii) Microwaving (iii) Stir frying/frying (iv) Roasting/baking (v) Barbecuing/griddling (vi) Grilling</p> <p>Can accept a named method of cooking or an explanation for 1 mark e.g. least water, shortest time.</p>
	(b)	<p>Award 1 mark for one basic point. [2]</p> <p>Award 2 marks for one well explained point or two BPs.</p> <p>Answers could include:</p> <ul style="list-style-type: none"> Prepare only when required Cook immediately Place in water and lemon juice Vac pack/remove oxygen completely Quick blanching Stock syrup Place in salted water/rinse before use

	(c)	<p>Award 1 mark for each correct answer up to a maximum of 2. [2]</p> <p>(i) Soft fruit</p> <ul style="list-style-type: none"> Good red colour/loses sheen Firm/not squidgy Plump Green calyx still attached No sign of mould Good smell No sign of pests Not bruised <p>(ii) Green, leafy vegetables [2]</p> <ul style="list-style-type: none"> Good green colour/vibrant colour/bright Leaves firm/not wilted No yellowing edges/change in colour/not discoloured No sign of pests No unpleasant smell <p>Can credit the same response for both (i) and (ii) as long as it is relevant.</p> <p>No reference to date mark or sell by date/packaging/or fresh.</p>
	(d)	<p>Award 0 marks for an unacceptable response.</p> <p>Award 1-2 marks for a basic understanding of the benefits of eating a range of fruit and vegetables – may simply be a list of dishes.</p> <p>Award 3-4 marks for an answer that gives a good understanding of the benefits of eating fruit and vegetables includes both a list of dishes and reference to some nutritional facts e.g. contains vitamins and minerals. To access 4 marks a vitamin or mineral must be named.</p> <p>Award 5-6 marks for an answer that shows an excellent understanding of the benefits of eating fruit and vegetables explains the nutritional benefits of fruit and vegetables. Candidates should refer to nutrients such as vitamin C/iron/fibre, stating why these nutrients are needed and which food supplies it, e.g. leeks provide high levels of fibre which helps eliminate waste and can prevent bowel disease or/keeps us full up for longer which prevents snacking. To award 6 marks: The candidates must discuss at least one fruit and one vegetable, both, in detail – a balanced answer.</p> <p>Answers could refer to:</p> <ul style="list-style-type: none"> Healthy eating guidelines state all diets should contain 5 portions of fruit and vegetables per day Adds Fibre/NSP (richest sources leeks, celery, potato skins, apple and plum skins) Bulks up food but fibre not digested/some keep you full for longer Absorbs lots of water making stools soft and bulky Stools easier to pass out of body Prevents bowel disorders – piles/constipation/diverticulitis/some cancers Keeps the body feeling fuller for longer/less snacking

Vitamin A – in the form of carotene (richest sources – sweet potato, carrots, spinach, watercress, tomatoes, apricots, cantaloupe melon)

- To make visual purple
- Keep mucous membranes moist
- Health and maintenance of skin

Vitamin C (richest sources – kiwi, peppers, blackcurrants, broccoli, sprouts)

- Assists in the healing of wounds
- Assists the absorption of iron
- Makes the connective tissue which holds cells together
- Prevents scurvy (allow)

Calcium (richest sources – currants, oranges, dried figs, broccoli, cress, okra)

- Strengthens bones and teeth
- Helps blood clotting
- Muscle functioning
- Nerve functioning

Iron (richest sources – watercress. Reasonable green leafy veg, dried apricots)

- Formation of haemoglobin
- Needed to transport O₂ in the blood
- Prevents anaemia

Reference to obesity can be credited with qualification.

Accept any other suitable responses.

Q.7 (a) Award 0 marks for an unacceptable response. [5]

Award 1-2 marks for a basic answer where candidates have shown limited understanding of the points to be considered when menu planning – a list.

Award 3-4 marks for a good answer where candidates have shown good understanding of points to be considered when menu planning.

Award 5 marks for an excellent answer with clear understanding of the points to be considered when menu planning.

Answers could refer to:

- Season
- Availability of ingredients/foods
- Cost/profit
- Skills of staff
- Equipment available
- Customer dietary requirements- vegetarian/allergies/intolerances/religious/special diets
- Style of restaurant – fast food/bistro/pub/hotel/a la carte
- Time of day
- Number of courses
- Target audience/children's menu/variety of dishes
- Know the competition
- Research what is popular/trends
- Time taken to make the dishes
- Size of portions
- Nutritionally balanced (if that is their chosen focus)
- Flavour/taste/colour/texture

Credit any other acceptable response **but** learners should cover more than one factor to access band 2 marks.

(b) **Award 1 mark** for each correctly identified suggestions, up to a maximum of 3 marks. [3]

- Websites to research different dietary requirements e.g. different types of vegetarianism/intolerances/allergies
- Blogs to research above
- Books and magazines
- Download recipes
- Nutritional programs to calculate nutritional profile
- Sourcing of ingredients/seasonal foods
- Surveys
- Working out costing
- Checking out the competition
- Looking at what they have offered previously
- Stock control systems

	(c)	Award 1 mark for each correct answer up to a maximum of 2. [2]
		<ul style="list-style-type: none"> • Social media/FB/Twitter/Instagram • Leaflets/flyers/mail shot/posters • Email • TV advertising on screens in shops/post offices/bus stops • TV/on line adverts – media • Website
2.8	(a)	Award 1 mark for each correct quality given, up to a maximum of 3. [3]
		<ul style="list-style-type: none"> • Strong leadership skills • Team working skills • Able to take instructions • Good people skills • Good communication skills • Excellent/advanced practical skills (ability to cook)/experience/qualifications • Numerate/accurate costings • Literate • Organisational skills • Punctual • Can plan appropriate menus • Has a calm manner (doesn't panic) works well under pressure • Confident • Knowledge: Understands food hygiene regulations • Flexible • Hard working/reliable • Personal hygiene • Passionate/enthusiastic
	(b)	Award 1 mark for each correct point given - to pay for. [3]
		<ul style="list-style-type: none"> • Staff wages/own wages/staff costs – just staff is fine • Rent/mortgage • Utilities – gas/electric/water (bills) • Rates • Insurance • Ingredients/food costs • Equipment • Tax/NI/pension contributions • Contingency fund • VAT • Waste disposal cost

	(c)	Award 0 marks for an unacceptable response. [5]
		<p>Award 1-2 marks for a basic answer where candidates have shown limited understanding of the types of records are kept – a list.</p> <p>Award 3-4 marks for a good answer where candidates have shown good understanding of the types of records are kept and why – 1 method well explained.</p> <p>Award 5 marks for an excellent answer with clear understanding of the types of records are kept and why – more than 2 methods discussed and well explained.</p> <p>Answers could include:</p> <ul style="list-style-type: none"> • Order forms – book or on computer (prevents over ordering/accuracy) • Invoices – in file or digital (to ensure bills paid/no debts accrue) • Records of dishes sold (cull dishes that aren't popular – relates to costs) • Recipes stored safely – maintain standards (useful if chef is ill) • Staff training records to ensure they work safely and no threat to customers/staff • Rotas to ensure correct staffing levels • Cleaning schedules to maintain hygiene • Accident book • Stock sheets • Temperature checks • HACCAP • Lists of suppliers • Allergy book/list that can be given to customers • Staff pay roles • PATT testing <p>All the above can be hard copies/computer and Excel.</p> <p>Accept any other acceptable response.</p>
	(d)	Award 0 marks for an unacceptable response. [6]
		<p>Award 1-2 marks for a basic answer where candidates have shown limited understanding of why communication is vital.</p> <p>Award 3-4 marks for a good answer where candidates have shown good understanding of why communication is vital to the business – for 4 marks candidate must have some basic discussion/explanation.</p> <p>Award 5-6 marks for an excellent answer with clear understanding of why communication is vital to the business – the response will be fully discussed, with examples and clear explanation.</p> <p>Responses should link to happy efficient workplace, happy customers less errors etc.</p>

	<p>Good communication – improved successful business – good profits, good reputation.</p> <p>Successful new menu;</p> <ul style="list-style-type: none"> • Good IT system to allow orders to be sent direct to chef from front of house – training needed/allows for limited misunderstanding • Legible handwriting will prevent errors being made • Clear speech: avoids errors • Politeness; happy customers • Bar staff understand the menu – Chef explaining menu to other staff • Staff retention happy at work • Everyone knows what they are doing • All types of communication – verbal, written, ICT • Food served on time and orders correct – no waste – no dissatisfied customers • Reflects an efficient and well organised business • Prevents mistakes with orders – clear handwriting clear diction etc. • Kitchen staff know what orders to produce • Bar staff kept up to date with foods/dishes running low • Bar staff know and understand menu and are able to advise customers – allergies/special diets etc. • Kitchen staff able to keep up with orders and covers for tables all able to be prepared and served at the same time <p>New menu is not successful.</p> <p>Allow negative points –</p> <ul style="list-style-type: none"> • Poor communication will lose customers/unhappy customers • Customers have long wait for food • Chef misunderstanding orders • Bar staff not knowing when food is ready – so food congeals/goes cold • Staff leaving • Restaurant shutting down etc.
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Q.9	(a)	<p>Award 1 mark for each correct point given, up to a maximum of 3. [3]</p> <p>Answers could include:</p> <ul style="list-style-type: none"> • Saves money e.g. reusing containers • Good reputation/image/use for marketing • Reduces carbon footprint • Reduce/gas electric/water bills • Contribute towards less landfill • Gain an award e.g. Green Company • Efficient portion control <p>Examples could be given but not essential to credit the mark.</p> <p>If accepting reference to saving money more than once, it should relate to Reduce, Re-use and Recycle.</p>
	(b)	<p>Award 0 marks for an unacceptable response.</p> <p>Award 1-2 marks for a basic answer where candidates have shown a limited understanding of how water/energy can be conserved. Answer could be a simple list.</p> <p>Award 3-6 marks for an answer where candidates have shown a basic understanding of how water/energy can be conserved. Focus may be on either water or energy.</p> <p>Award 7-9 marks for a good answer where candidates have shown good understanding of how water/energy can be conserved. The candidate must have made some attempt at discussion/explanation of both water and energy.</p> <p>Award 10 marks for an excellent answer with clear understanding of how water/energy can be conserved. The candidate may explain the benefit of water/energy conservation to the catering establishment. The response will be balanced, fully discussed, giving both examples and clear explanations.</p> <p>Water Conservation</p> <ul style="list-style-type: none"> • Heat/boil only the water needed • Don't peel vegetables under a running tap • Make sure dishwashers are full before using • Water efficient appliances • Cook vegetables in the minimum amount of water possible • Use a tiered steamer to cook foods • Install regulated flow rate taps (aerated)

Energy Conservation

- Energy efficient appliances/AAA rating/efficient boiler
- Lids on pans
- Fill the oven/batch baking
- Fill the fridge/freezer
- Keep fridge and freezer door closed properly
- Switch off ovens/fryers/griddles as soon as possible
- Install heat exchange unit
- Install solar panels/windmill to produce electricity
- Fill dishwasher to reduce loads
- Cook food to order so doesn't have to keep hot
- Energy efficient lighting in food preparation area
- Sensor lighting if appropriate
- Use correct size cooking pots etc.
- Use hand methods as oppose to mechanical (if appropriate/qualified)
- Cooking using micro-wave or combination ovens

Accept any acceptable response linked to preparation and cooking.