



# FACULTY OF MANAGEMENT

## Summative Assessment

**DEPARTMENT**

Hospitality Management II

<b><u>MODULE</u></b>	CULINARY STUDIES AND NUTRITION II (THEORY)
<b><u>CODE</u></b>	CSN21T1
<b><u>DATE</u></b>	10 NOVEMBER 2014
<b><u>DURATION</u></b>	2 HOURS
<b><u>TIME</u></b>	09:00 - 11:00
<b><u>TOTAL MARKS</u></b>	100 MARKS

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<b><u>EXAMINER</u></b>	MRS E A SAO JOAO
<b><u>MODERATOR</u></b>	MRS L SCHIE
<b><u>NUMBER OF PAGES</u></b>	6 PAGES

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### **INSTRUCTIONS TO CANDIDATES:**

- Non-programmable calculators are permitted – only one per candidate.
- Question papers must be handed in.
- This is a closed book assessment.
- Read the questions carefully and answer only what is asked.
- Number your answers clearly.
- Write neatly and legibly.
- Structure your answers by using appropriate headings and sub-headings.
- The general University of Johannesburg policies, procedures and rules pertaining to written assessments apply to this assessment.

Cont...

**QUESTION 1**

- 1.1 Write down only the numbers from column A with the corresponding letter from column B alongside in your answer script. (14x½=7)

	<b>A</b>		<b>B</b>
1	Good sources of calcium	A	Goitre
2	Simple carbohydrates	B	Clogged Blood vessels
3	Digested proteins	C	High Blood Pressure
4	I have got 'sugar'	D	Anaemia
5	Lactose intolerant	E	Sour cabbage
6	Sauerkraut	F	Home-made 'serra' cheeses from the North
7	French Cheeses	G	Whole grain breads like pumpernickel
8	Portuguese Cheeses	H	Sesame seeds, milk, cheese, yoghurt
9	German Cakes	I	Fructose, glucose and maltose
10	Atherosclerosis	J	Essential and non-essential amino acids
11	Deficiency disease of B12	K	Diabetes
12	Deficiency disease of Iron	L	Bloating, abdominal cramps, diarrhoea
13	Deficiency disease of Iodine	M	Antipasta
14	Hypertension	N	Spatzle, greissklosse, fleischklosse
		O	Munster, Camembert, Brie, Sainte-Marie
		P	Hazelnussmakkronen, Honigkuchen, Obsttorte
		Q	Pernicious anaemia

- 1.2 Multiple choice questions: read the statement and select one (1) correct option. Write only the question number and correct answer in your exam script.

- 1.2.1 Liederkrantz Cheese comes from which country? (½)  
 (a) Austria  
 (b) Germany  
 (c) United States  
 (d) Switzerland  
 (e) Italy
- 1.2.2 Which meat is traditionally seasoned with rosemary? (½)  
 (a) Beef  
 (b) Lamb  
 (c) Pork  
 (d) Turkey  
 (e) Chicken
- 1.2.3 What is Wasabi? (½)  
 (a) Brazilian Root Vegetable  
 (b) Chinese Mushroom  
 (c) Hawaiian Fruit  
 (d) Japanese Horseradish  
 (e) Dragon Fruit

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- 1.2.4 What is the main vegetable used to make Borsch? (½)  
(a) Beetroot  
(b) Cabbage  
(c) Carrot  
(d) Celery  
(e) Leek
- 1.2.5 Which fruit is used in the making of a Black Forest Gateau? (½)  
(a) Black Cherries  
(b) Black Grapes  
(c) Blackberries  
(d) Blackcurrants  
(e) None of the above
- 1.2.6 Greek cheeses (½)  
(a) Eaeeri and Romano  
(b) Feta and Amsterdamer  
(c) Eephalotyri and Cheddar  
(d) Feta and Eaeeri  
(e) Mozzarella and Stilton

**[10]**

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## **QUESTION 2**

Prof Tim Noakes has lately been very vocal about carbohydrates. He maintains that carbohydrates are unnecessary in the diet and goes on to promote a high protein, high fat and no carb diet. There are many who agree with him, whilst others argue that it is more important to look at which carbohydrates are being consumed.

- 2.1 For many South Africans, their carbohydrate portion is a substantial part of their meal.
- 2.1.1 List 4 (four) healthy sources of Carbohydrates? (4x½=2)
- 2.1.2 Carbohydrates contribute fibre to the diet? Why is it necessary for us to consume sufficient amounts? (5)
- 2.2 Not all carbohydrates have the same effect on the blood but a tool has been developed in order to measure this effect.
- 2.2.1 Explain the difference between GI and GL. (2)
- 2.2.2 Explain why you would prefer to eat raw muesli instead of cornflakes, if you wanted to follow a low GI diet. Give a detailed explanation for your reason. (4)
- 2.2.3 How does the knowledge about GI, assist a diabetic? (2)
- 2.3 Equally as important, is to drink sufficient water.
- 2.3.1 How much water does an adult need each day? (1)
- 2.3.2 Indicate 4 (four) functions of water in the body. (4)

- 2.4 Redraw the table in your answer scripts and fill in the necessary information. Take note of the mark allocation in each square in order to determine how much information to give. (10)

Nutrient	Function	Deficiency	Excess
Protein	2	1	1
Fats	1	1	1
Calcuim	1	1	1

[30]

### QUESTION 3

<b>Lunch</b>	<b>16 December 2014</b>
<p>Mulligatawny Soup Naan Bread Calcutta Prawn Salad</p> <p>Butter Chicken Lamb Korma Malayan fruity Mutton Curry Basmati Rice Baked butternut Curried Brinjals Stir Fried Spinach</p> <p>Madras Green fig Ice Cream Kiwi fruit and green melon compote</p> <p>Selection of Teas Friandes and handmade Liqueur chocolates</p>	

This themed menu is being put together for a buffet lunch in December and will be served in the Botanical Gardens in Pretoria. There is cross cultural selection of guest to be invited.

- 3.1 Critically look at the menu and indicate some suggestions to improve both the format and selection of menu items. (4)
- 3.2 With a cross cultural selection of guests, the organisers have to be sensitive to religious and other food preferences.
- 3.2.1 How would a Muslim diner react to this menu? (3)
- 3.2.2 What can the Jewish diner eat from this menu and why? (3)
- 3.2.2 It is a Hindu vegetarian day, what will the Hindi diner eat? (2)
- 3.2.3 How do the Seventh Day Adventist and Rastafarians differ in their food preferences? (2)

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- 3.3 People choose to become vegetarians for numerous reasons either for health, economic, ethical or religious reasons.
- 3.3.1 Explain the difference between a vegan and a vegetarian. (2)
- 3.3.2 What does a Pollo vegetarian eat that Pesco vegetarians cannot? Give a reason for your answer. (2)
- 3.3.3 A balanced diet is essential for a vegetarian. If not, deficiency diseases emerge. List 4 (four) common deficiencies amongst vegetarians. (4x½=2)
- 3.3.4 List 4 (four) valuable sources of protein if you are a vegetarian. (4x½=2)
- 3.4 When talking to a group of teenage girls, you are mindful about what you tell them with regards to their eating habits. With the knowledge that you have acquired, discuss with them the dangers of the media as well as peer pressure from friends. (8)
- [30]**
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#### **QUESTION 4**

We all have heard the term 'Global Village' and within culinary circles, this is particularly true. With the variety of specialist shops as well as others selling interesting ingredients, it is possible to make dishes from all over the world.

- 4.1 You are organising a Bon Voyage party for your friends. Plan a menu, using a variety of dishes from at least 3 (three) different countries. Keep in mind the general menu balance and planning rules.
- Hors d'oeuvre or soup  
Fish  
Main Course  
Dessert
- (6)
- 4.2 Cuisines in countries are determined by ingredients that are available, the climate, or who in their history has conquered them. With this invasion they brought their cuisine with them, resulting in a unique blend of dishes. Indicate how these countries have influenced the rest of the world.
- 4.2.1 Chinese (3)
- 4.2.2 Greece (2)
- 4.2.3 Italy (3)
- 4.3 You are required to give the class a brief explanation on the cuisine of a country. Select 1 (one) of the following countries to discuss:
- Spain
  - Mexico
  - Thailand
  - Indonesia
- (5)

- 4.4 The French believe that balance is vital in any menu. Explain what is meant by this. (3)
- 4.5 The French also believe that dressing your food is important for flavouring. Explain the similarities and difference between a Mayonnaise and a Hollandaise. (4)
- 4.6 Due to diets, there are health problems that have emerged over time. Discuss the health issues of the Greeks and Chinese. (4)

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**PAPER TOTAL : 100 MARKS**

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