



COLLEGE OF BUSINESS AND ECONOMICS  
Agrotat Examination

DEPARTMENT

SCHOOL OF TOURISM & HOSPITALITY

MODULE Gastronomy 2 (Theory)

CODE GTNT2Y2

DATE December 2019

DURATION 120 minutes

TIME

TOTAL MARKS 90

EXAMINER MRS D HEWSON

MODERATOR MS L MOHLAKOANE

NUMBER OF PAGES 7 PAGES

INSTRUCTIONS TO CANDIDATES:

- This is an open book exam – Class Notes are permitted
- Please answer questions in the ulink folder provided.
- This is an online open internet access test.
- Open Zotero standalone
- Make a file called Final Exam.
- On the word document, fill in the questions required.
- When complete – submit through link provided on ulink
- The general University of Johannesburg policies, procedures and rules pertaining to written assessments apply to this assessment.

## THIS PAPER CONSISTS OF 2 SECTIONS.

### Section A: Gastronomy Theory

### Section B: Nutrition Theory

## SECTION A: GASTRONOMY THEORY

### QUESTION 1: Menu Planning (Classical French Cuisine)

*The Revolution altered this situation and indeed transformed the entire culinary system, its actors, products and functions. La grande cuisine became gastronomy, relocated in the market, and moved from the hotel particulier to the restaurant. The creation and production of cuisine were transformed from a trade to a profession and an art, while its consumption designated a status in its own right. (Thoughts for Food, I: French Cuisine and French Culture  
Author(s): Priscilla P. Clark)*

*The gastronomic field took shape in two major phases: emergence over the first half of the 19th century, consolidation thereafter. (Ferguson, 1998)*

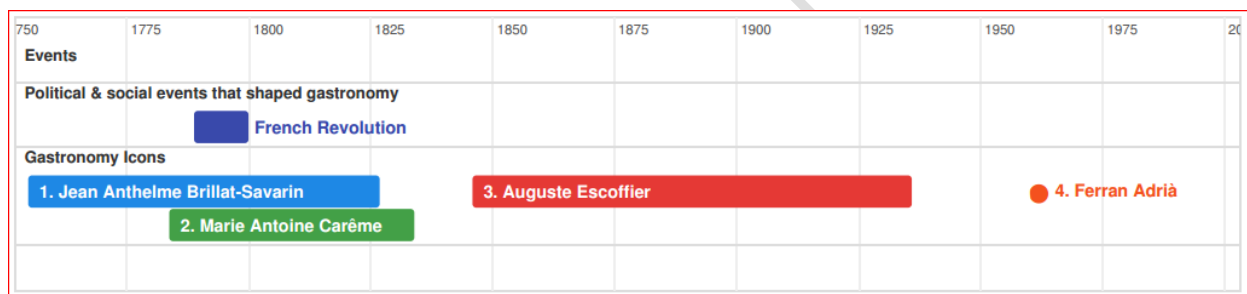


Figure 1: Icons of the Field of Gastronomy (Hewson)

1.1 Using the time line above explain how the people listed below informed the shaping of the 'gastronomic field'.

- 1.1.1 Jean Anthelme Brillat-Savarin (5)
- 1.1.2 Marie Antoine Carême (5)
- 1.1.3 Auguste Escoffier (5)
- 1.1.4 Ferran Adrià (5)

(20)

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**QUESTION 2: Meals & Meal Planning & Restaurants & Meals Out**

*"Although the restaurant antedated 1789—the first urban establishment by that name dates from 1765—the Revolution set the restaurant on its modern course of development"*(Ferguson, 1998)

2.1 In your answer book draw a time line of the evolution of the restaurant  
Making reference to the following:

2.1.1 Before (5)

2.1.2 Start (5)

2.1.3 Transformation (5)

2.1.4 Current (5)

**(20)**

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**QUESTION 3: Cooking, Cuisine & Cookbooks**

3.1 Complete the questions below:

Do you have any French cookbooks  
in English?

- I'm afraid not.
- Gosh.

The salesperson. She...

Had no idea... Because, you see,  
there is no French cookbook in English.

And all I have is this Joy of Cooking  
by Irma Rombauer,

which is an excellent, excellent cookbook,  
but it's not French.

Well, it's just a big, dry collection  
of recipes.

It doesn't work at all.

I'm just gonna have to throw  
most of it out and start all over again!

This has got to be a cookbook  
that makes French cooking accessible  
to Americans who do not have cooks.

Who are servantless.

Is that a word?

Servantless.

("Julie And Julia Script - transcript from the screenplay and/or the Meryl  
Streep and Amy Adams movie," n.d.)

### 3.1.1 Using Toulmin argument (Lunsford & Ruskiewicz, 2013)

Complete the following questions using evidence from the film

**Claim** – Julia Childs wrote a cook book that makes French cooking  
accessible to Americans who do not have cooks.

3.1.1.1 Evidence – support for the claim (from the script) (2)

3.1.1.2 Warrant – a sentence that bridges the claim and the evidence.(3)

3.1.1.3 Expand the argument – either with a sub claim that supports or  
contradicts the main claim. (3)

3.1.1.4 Provide evidence from the script or plot that supports this sub  
claim. (2)

**(10)**

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**Section Total: 50**

## Section B: Nutrition Theory

### **QUESTION 4: Factors affecting food consumption & acceptance (chapter 1: & Food-Based Dietary Guidelines for South Africa)**

4.1 Read the text below and answer the questions that follow

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“South Africa has one of the highest rates of hypertension worldwide. A recent study found a 10.2% prevalence of hypertension amongst individuals 15 years and older. High blood pressure is a key risk factor for heart disease and the most important risk factor for stroke. Furthermore, elevated dietary salt intake is an established risk factor for increased blood pressure. It is against this backdrop that Salt Watch was established in 2013 through a multi-sectorial coalition group that will undertake the salt reduction education and awareness campaign in South Africa.”

<http://www.nutritionssociety.co.za/attachments/article/66/SALT%20WATCH%20NSSA%20.pdf>

- 4.1.1 Give four (4) reasons why salt is important in the diet? (3)
- 4.1.2 In a South African context give 3 major initiatives that could be used to address the issue in the quote above? Use evidence from the text to support your selected initiatives and use in-text referencing. (9)

4.2 Using the diagram below and notes from lectures answer the following questions:

# MILK

## NATURE'S WELLNESS DRINK

**Energy: 262kj/100ml**

The energy in food is chemical energy. The body can convert this chemical energy to mechanical, electrical, or heat energy.

**Protein: 3.2g/100ml**

Proteins are broken down to yield energy the body can use and build and maintain muscles. Amino acids are the building blocks of proteins.

**Total Sodium: 48mg/100ml**


Sodium is a mineral and mainly found in the form of salt in food. Sodium is the most important mineral in the body and must be regulated.

**Phosphorus: 90mg/100ml**

Phosphorus is needed to build strong bones and teeth as well as for the growth, maintenance, and repair of all tissues and cells, and for the production of the genetic building blocks, DNA and RNA.

**Vitamin B12: 0.4mcg/100ml**

Vitamin B12 is a nutrient that keeps the body's nerve and blood cells healthy and helps make DNA.



**Milk\* is naturally nutrient rich and a source of calcium, phosphorous, and protein-essential for building healthy bones.**

**FACT**

**UHT milk gets heated to above 135 °C, for 1 – 2 seconds in order to sterilise and kill any spores in milk.**

**Glycaemic Carbohydrate: 5g, of which total sugar: 5g**

Carbohydrates are broken down to yield energy the body can use. Sugars (fructose, glucose, lactose) are the building blocks of carbohydrates.

**Total Fat: 3.4g/100ml, of which saturated fat: 1.9g**

Fats are broken down to yield energy the body can use. Fats are found in food in several forms e.g polyunsaturated, monounsaturated and saturated fatty acids. Fatty acids are the building blocks of fats.

**Calcium: 120mg/100ml**


Calcium is the principal mineral of bones and teeth, also involved in normal muscle contraction including heart muscle.

**Vitamin B2: 0.2mg/100ml**

Vitamin B2, also called riboflavin, is one of 8 vitamins. All 8 vitamins help the body to convert food (carbohydrates) into fuel (glucose), which is used to produce energy. These B vitamins, often referred to as B complex vitamins, also help the body metabolize fats and protein. B complex vitamins are necessary for healthy skin, hair, eyes, and liver. They also help the nervous system function properly.

\* The Food Based Dietary Guideline (FBDG): Have milk, maas or yoghurt every day.

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Visit [www.cloverlifestyle.co.za](http://www.cloverlifestyle.co.za) for more lifestyle and nutrition information.



4.2.1 Using quotes from the FBDG text, explain (3) three debates relevant to the consumption of dairy in South Africa. (9)

4.2.2 Discuss why dairy has its own group in the SA FBDG? (3)

(24)

### QUESTION 5: Menu Planning & Eating habits of World Populations

5.1 Analyse the menu below and answer the questions that follow:

**Breakfast**

Single-serve bottle vanilla fortified soymilk\*

Medium apple

Plain bagel

**Lunch**

Bean taco

with ½ cup salsa

**Dinner**

2 cups Asian teriyaki vegetables

With 2 cups rice noodles

- 5.1.1 Explain which dietary preference this menu was designed for and give reasons for your answer (4)
- 5.1.2 Discuss in terms of the FBDG if this menu is balanced. Use the text as evidence and in-text reference. (12)
- (16)**

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**Section Total 40**

**Paper Total 90**

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