

1ST SEM. 2018/19

UNIVERSITY OF ESWATINI



FINAL EXAMINATION PAPER

- PROGRAMME:** BACHELOR OF SCIENCE IN CONSUMER SCIENCE EDUCATION.
- COURSE CODE:** FNS213
- TITLE OF PAPER:** CULINARY ART
- TIME ALLOWED:** TWO (2) HOURS
- INSTRUCTIONS:** ANSWER QUESTION ONE (1) AND ANY OTHER TWO (2) QUESTIONS.

DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE CHIEF INVIGILATOR.

QUESTION 1 (COMPULSORY)

THERE IS ONLY ONE CORRECT ANSWER PER QUESTION. CHOOSE THE CORRECT ANSWER AND WRITE THE QUESTION NUMBER AND YOUR ANSWER CHOICE ON THE ANSWER SHEET. For example, if the answer for number 1 is "a" then you should write "1. a" on your answer sheet.

1. _____ are written documents that describe the creation of a particular food item.
 - a. Menus
 - b. Recipes
 - c. Receipts
 - d. a and b
 - e. All of the above

2. There are many types of menus, among them: the _____ menu, a menu that is the same every day.
 - a. Cycle
 - b. Selective
 - c. A la carte
 - d. Static
 - e. Table d'hôte

3. A healthy diet is:
 - a. Adequate.
 - b. Moderate.
 - c. Balanced.
 - d. Varied
 - e. All of the above

4. A _____ is a clear liquid created by extracting flavor and gelatin from beef bones, fish bones, poultry bones, or vegetables, plus other ingredients, in water.
 - a. Stock
 - b. Sauce
 - c. Soup
 - d. a and b
 - e. b and c

5. _____ are a huge source of protein and oil worldwide.
 - a. Fish-based sauces
 - b. Soy-based sauces
 - c. Mayonnaise-base sauces
 - d. Herb-based sauces
 - e. All of the above

6. _____ is the examination of meat for wholesomeness, ensuring its free of diseases and able to be consumed by humans.
- a. Meat cleaning
 - b. Meat preparation
 - c. Meat qualification
 - d. Meat inspection
 - e. None of the above
7. Moist heat refers to cooking with _____.
- a. Liquid
 - b. Water
 - c. Oil
 - d. Watery and oily substances
 - e. All of the above
8. Poultry is popular in virtually every cuisine. The four **major** types of poultry are:
- a. Chickens, turkeys, ducks, and geese
 - b. Chickens, turkeys, ducks, and doves
 - c. Chickens, turkeys, ostrich, and geese
 - d. All of the above
 - e. None of the above
9. _____ is a means by which a whole bird may be formed into a compact package for efficient, even roasting.
- a. Stuffing
 - b. Trussing
 - c. Crafting
 - d. a and c
 - e. b and d
10. _____ is a type of moist-heat cooking technique that involves cooking by submerging food in a liquid, such as water, milk, stock or wine.
- a. Simmering
 - b. Boiling
 - c. Poaching
 - d. Steaming
 - e. All of the above
11. Many vegetables are available frozen and canned as _____ products.
- a. Frozen
 - b. Cold
 - c. Convenience
 - d. b and c

- e. None of the above
12. The term _____ refers to various breads used in many cultures around the world that work both as a food and an eating utensil.
- Round bread
 - Square bread
 - Raised bread
 - Flatbread
 - None of the above
13. The main thickeners used in baked goods are cornstarch and _____.
- Modified cornstarch
 - Starch
 - Arrowroot
 - Galvanized starch
 - None of the above
14. _____ is corn syrup that has been partially converted to fructose, giving it about the same sweetness as sucrose.
- High-fructose corn syrup
 - High-glucose corn syrup
 - High-sugar syrup
 - a and b
 - All of the above
15. _____ is the general name we give to the various sorts of fish and shellfish that we consume, whether they live in the sea or in freshwater.
- Fish
 - Shellfish
 - Seafood
 - d. a and b
 - All of the above
16. Small pieces of fish or shellfish are ideal for the _____ heat stir-fry method.
- Low
 - Medium
 - Medium high
 - Medium low
 - High

- 17. The basic components of a salad are:_____.
 - a. Chopped lettuce
 - b. Chopped lettuce with onion and tomato
 - c. Chopped lettuce with onion, tomato, and dressing
 - d. Chopped lettuce with dressing
 - e. Chopped lettuce with all vegetables and dressing

- 18. An _____ is a finger food served before a meal that can be eaten in one or two bites.
 - a. Appletiser
 - b. Tastes
 - c. Bites
 - d. Appetizer
 - e. All of the above

- 19. It is defined as two or more pieces of bread with a filling between.
 - a. Pita wraps
 - b. Hot dogs
 - c. Subs
 - d. Sandwiches
 - e. All of the above

- 20. Texture in vegetables relies on three major components: water, fibers, and_____.
 - a. Starch
 - b. Glucose
 - c. Fibre
 - d. Chlorophyll
 - e. Pigments

(20x2=40 Marks)

[TOTAL MARKS=40]

QUESTION 2

Instructions: Fill-in the correct word(s) and select the correct response to the following statements.

1. Harder cuts of meat fare better when cooked with moist heat, because the collagen dissolves and the meat becomes tenderer.
a. True b. False
2. Larger birds, like turkeys and capons, can be slow roasted at a temperature of 120-165°C.
a. True b. False
3. It's true all un-thickened soups are clear.
a. True b. False
4. Gelatin is a clear, jellylike extract of animal bones and vegetables.
a. True b. False
5. Although frozen vegetables are actually higher in vitamins than their fresh counterparts, they usually have a softer texture because freezing breaks down cells.
a. True b. False
6. This process is called _____, which is the act of forcing two unmixable liquids (e.g. fat and water) to mix.
7. Water and _____ can be used as the stew-cooking liquid.
8. Cooking _____ may be measured by weight, by volume, or by count.
9. Complications may arise with the various types of diets that people follow kosher, _____, and other diets.
10. Vegetarian vegetable soup is made from _____ and vegetables only.
11. "Boiled" is the term often used for eggs cooked by _____ (not boiling) in the shell.
12. Milk products have a tendency to curdle (separate) when heated, especially in the presence of _____.

13. _____ are dishes that are usually served cold, made of green leafy vegetables, sometimes combined with other vegetables and fruits, meats, poultry, seafood, eggs, or nuts, with dressing.
14. _____ is performed chiefly by wheat flour and other ingredients containing protein.
15. _____ produce the color in vegetables.

(15x2=30 Marks)

[TOTAL MARKS=30]

QUESTION 3

A. Describe the general procedure for making brown stock.

(20 Marks)

B. Discuss moist heat cooking, and list the types of this cooking method. Also discuss the cuts of meat that benefit the most from moist heat cooking.

(10 Marks)

[TOTAL MARKS=30]

QUESTION 4

A. Define the following terms:

- I. Larding
- II. Barding
- III. Offal
- IV. Deposit fat or adipose tissue
- V. Marbling

(5x2=10 Marks)

B. Leaveners are substances used to leaven dough. Discuss the types of leaveners in detail.

(15 Marks)

C. Name five baking elements/functions used in the baking process.

(5 Marks)

[TOTAL MARKS=30]
