

1ST SEM. 2019/20

UNIVERSITY OF ESWATINI



FINAL EXAMINATION PAPER

PROGRAMME: BACHELOR OF SCIENCE IN COSUMER 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)

(a) Choose the correct answer and write it on your answer sheet in capital letters e.g.

1B. There is only ONE correct answer.

1. When food is stored out of the food danger zone, it should be kept below _____ and above _____:

- a. 5°C, 60°C
- b. 5°C, 63°C
- c. 4°C, 63°C
- d. a and b
- e. All of the above

2. There are many types of menus, among them: the _____ menu, a menu that offers a full meal at a set price.

- a. Cycle
- b. Selective
- c. A la carte
- d. Static
- e. Table d'hôte

3. A cup or bowl shaped spoon used for transferring liquids such as soups.

- a. Scooper
- b. Measuring bowl spoons
- c. Riddle
- d. Ladle
- e. b and d

4. A _____ it's the smallest dice great for garnishes and salads:

- a. Bonnet
- b. Julienne
- c. Bruniose
- d. A and C
- e. None of the above

5. _____ refers to tomatoes that have been peeled, seeded, and roughly chopped.

- a. Minced
- b. Shred
- c. Concassé
- d. Shredded pieces
- e. All of the above

6. Roasting vegetables adds _____ due to caramelization that happens during this cooking process.
- Flavor
 - Crunchiness
 - Crispiness
 - A only
 - All of the above
7. _____ yeast is granular and dormant. It should be reactivated in warm water of before use.
- Fresh
 - Active dry
 - Instant dry
 - b and c
 - All of the above
8. Thickening is performed chiefly by _____ and other ingredients.
- Eggs
 - Wheat flour
 - Cornstarch
 - b and c
 - All of the above
9. _____ is the general name we give to the various sorts of fish and shellfish that we consume.
- Mollusks
 - Fish
 - Seafood
 - Shellfish
 - All of the above
10. To prevent _____, it is best to add a roux or other starch when heating dairy products.
- Fermentation
 - Lumping
 - Curdling
 - a and b
 - All of the above

(10x1=10 Marks)

(b) Differentiate between the following terms and give examples for each:

- i. First vs second type of fat in meat
- ii. High risk vs low-risk foods
- iii. Baking soda vs baking powder

(3x4=12 Marks)

(c) Meat cooked at lower temperatures is juicier and tenderer than meat cooked at high temperatures. Define a stew and describe the components of a stew.

(5x2=10 Marks)

(d) Business owners and staff can follow some simple steps to protect food from contamination during the receipt, storage, processing and display of food. Provide a detailed description of steps that can be taken to prevent food from contamination.

(8x1=8 Marks)

[TOTAL MARKS=40]

QUESTION 2

(a) You have been asked to make yeast bread for the family's get together for thanksgiving. Discuss, in chronological order, the steps involved when making yeast bread.

(10x2=20 Marks)

(b) What is a standardized recipe? Describe the information that is usually included in such recipes.

(5x2=10 Marks)

[TOTAL MARKS=30]

QUESTION 3

- (a) Various cooking methods may positively or negatively affect the nutritional quality of cooked vegetables. Discuss the beneficial effects of cooking vegetables properly and the negative effects of overcooking vegetables, and give examples of cooking methods to support your points.

(10x2=20 Marks)

- (b) Accurate recipes are necessary for various reasons in food establishments, describe the reasons in detail.

(5x2=10 Marks)

[TOTAL MARKS=30]

QUESTION 4

- (a) Describe the general procedure for making a brown stock.

(10x2=20 Marks)

- (b) Write short notes on the following:

- i. Muffin method
- ii. Mise en place

(2x5=10 Marks)

[TOTAL MARKS=30]