

# Food and Nutrition

## Unit 1 Paper 02

### SECTION IV – MODULE 3

#### Question 6

- 6 (a) Using FIVE points for **each** stage, discuss EACH of the following stages in work simplification as they relate to organizing and preparing food:
- (i) Mise-en-place or pre-preparation
  - (ii) Preparation of the meal
  - (iii) Holding of prepared food and cleaning up **[15 marks]**
- (b) Explain FIVE guidelines on the use and care of walk-in refrigerators and gas ranges. **[10 marks]**

**Total 25 marks**

### Mise-en-place or pre preparation

- 1) Get the utensils that will be used and ensure that they are clean. ✓
- 2) Ensure that the work area is clean. ✓
- 3) Gather the ingredients that will be used and measure the amount required. ✓
- 4) Items that will be used in preparation such as tin foods should be removed from the tin. ✓
- 5) Foods such as meat etc should be cleaned before preparation and other foods that will not spoil ~~any~~ or change chemically may be chopped or diced as required. ✓

### Preparation

- 1) Start with the foods that takes the longest time to cook. ✓
- 2) Ensure that the best cooking method is been used to reduce loss of nutrients. ✓
- 3) Clean up any spills as soon as they occur. ✓
- 4) Do not leave food unattended especially too long as they may burn. ✓
- 5) Ensure that precautions such as wearing proper clothing and using potholders are done so that injuries can be prevented. ✓

iii) Holding of Prepared food and Clean up

- 1) One should use proper ~~glax~~ pot holders to hold the prepared food.
- 2) Both hands should be used to carry hot pots.
- 3) Pots and pans should be cooled before washing.
- 4) Ensure that leftovers are removed from the pots and stored in proper containers.
- 5) Ensure that everything which was used is washed and stored properly and the floors are wiped and swept and garbage is removed from the kitchen.

b) Five guidelines on the use and care of walk in refrigerators and gas ranges.

- 1) Ensure that they are cleaned on a regular basis.
- 2) Ensure the gas range is turned off when not in use.
- 3) Close the refrigerator when not in use.
- 4) Wipe up spills as soon as possible.
- 5) Ensure these equipments are placed in dry cool areas and that they are easily accessible.

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#### Comments on Responses to Question 6

- (a) This candidate was awarded 12 out of 15 marks because most of the responses given were specifically related to work simplification in mise-en-place or pre-preparation, preparation of the meal and holding of prepared food and cleaning up. For pre-preparation, sound responses included gather ingredients that will be used and measure the amounts required. This will clearly help to simplify the work to be done. For preparation, a mark was not awarded for the point '*ensure that the best cooking method has been used to reduce loss of nutrients*' because this point is not related to work simplification. However, a valid point that was awarded was *start with foods that take a longer time to cook*.
- (b) This candidate was awarded five out of ten marks because the candidate was able to outline guidelines that were specifically related to the use and care of the equipment. However, this candidate did not explain each guideline.