

6100-20-021/521 Level 2 Technical Certificate in Professional Cookery (450) – Theory Exam

June 2018

1	List two responsibilities of an employer in the hospitality industry.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for each of the following, up to a maximum of 2 marks:</p> <ul style="list-style-type: none"> • Provide all necessary food safety training/guidelines (1) • Provide all necessary health and safety training/guidelines (1) • Provide food safety procedures (1) • Register with the local authority (1) • Manage annual leave/holidays (1) • Make reasonable adjustments for disabilities (1) • Provide PPE (1) • Provide a safe working environment (1) 	Accept any other appropriate response.	2
2	Explain three types of food contamination in a professional kitchen.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for identifying, up to a maximum of 3 marks. 1 mark for appropriate explanation:</p> <ul style="list-style-type: none"> • Chemical (1) as a result of poor cleaning practices (1) for example using cleaning cloths on food preparation areas (1). • Biological/bacterial (1) as a result of poor food handling/storage/preparing/cooking (1) for example not covering wounds appropriately (1). • Physical (1) such as plasters, hair or pen caps can drop into food (1) • Allergens (1) as a result of poor preparation practices/not knowing the contents of ingredients (1) 	Accept any other appropriate response.	6

3	State two ways a rodent infestation can be identified.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for each of the following, up to a maximum of 2 marks:</p> <ul style="list-style-type: none"> • Droppings (1) • Smear marks (1) • Smell (1) • Sighting (dead or alive) (1) • Gnawed packaging (1) 		2
4	List six ways of reducing the risk of accidents in the kitchen.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for each of the following, up to a maximum of 6 marks:</p> <ul style="list-style-type: none"> • Effective training (1) • PAT testing small electrical equipment regularly (1) • Storing chemicals safely/COSHH (1) • Servicing large equipment regularly (1) • Reporting hazards (1) • Using wet floor signs (1) • Wiping up spillages (1) • Using safety signs (1) • Using equipment in accordance with the manufacturer's instructions (1) • Clean as you go (1) • Manual handling (1) • Waste management (1) • Communication within the team (1) • Professional behaviour (1) • Safety shoes (1) • Good lighting (1) 	<p>Allow any other appropriate responses.</p> <p>Do not accept RIDDOR as a response.</p>	6

5	State four examples of where a centralised production kitchen could be used.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for each of the following, up to a maximum of 4 marks:</p> <ul style="list-style-type: none"> • Schools/colleges/universities (1) • Hospitals (1) • Nursing homes (1) • Chain restaurants/pubs (1) • Factories (1) • Large event venues/attractions (or appropriate example) (1) • Chain hotels (budget type) (1) • Airlines /Trains (1) • Prisons (1) • Holiday camp (1) 		4
6	<p>A restaurant receives customer feedback about the possibility of putting a healthier version of apple crumble and custard on the menu.</p> <p>Explain three ways the restaurant could make a healthier version of apple crumble and custard.</p>		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for identifying, up to a maximum of 3 marks. 1 further mark for appropriate explanation, up to a maximum of 3 marks:</p> <ul style="list-style-type: none"> • Use dessert apples (1) to reduce sugar (1) • Leave the skin on the apple slices (1) to increase fibre (1) • Substitute half the flour for oats/wholemeal flour (1) for the slow release of energy/low GI (1) and wholemeal can ease digestion for the fibre (1). • Use low fat butter/margarine for the crumble (1) to reduce fat (1) • Use semi skimmed/low fat milk for the custard (1) to reduce fat (1) • Serve the custard separately (1) so the customer chooses how much to add (1) • Substitute for organic products (1) as no pesticides are used (1) • No use of sugar substitutes such as saccharine/aspartame, as effects on body are worse than sugar (Fran) • Honey can be a sugar substitute (1) as its less processed/more natural (1) 	Accept any other appropriate response.	6

7	Describe five factors to consider when controlling food deliveries.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for each of the following, up to a maximum of 5 marks:</p> <ul style="list-style-type: none"> • Food should be ordered from reputable suppliers (1) • Delivery vehicle should be checked for correct temperature/cleanliness (1) • Deliveries should be checked off against the order (1) and checked for damage (1) • The deliveries should be stored correctly (1) • Check best before/use by dates before accepting (1) • Temperature of chilled and frozen items should be checked and stored within 15 minutes (1) • All delivery records should be kept securely (1) • FIFO (1) • Stock control to ensure food is not ordered when not needed (1) and to control costs (1) 	Accept any other appropriate responses.	5
8	Explain two reasons for using a trussing needle on poultry.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for identifying, up to a maximum of 3 marks. 1 mark for appropriate explanation:</p> <ul style="list-style-type: none"> • It is an easy way of securing legs and wings to the body (1) to keep its shape/to improve presentation (1) • To make an even mass for cooking (1) so it cooks through at the same time (1) • Reduces evaporation of juices (1) because there is a smaller surface area (1) which keeps the flesh moist (1) • You use a trussing needle to sew up poultry (1) after you have stuffed it to add flavour (1) 	Accept any other appropriate response.	4

9	State four pieces of equipment that are used to strain a sauce.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for each of the following, up to a maximum of 4 marks:</p> <ul style="list-style-type: none"> • Ladle (1) • Pan (1) • Conical strainer (1) • Spoon (1) • Sieve (1) • Jug (1) • Bowl (1) • Muslin (1) • Chinois (1) 	Accept any other appropriate responses.	4
10	Explain the importance of cleaning and maintaining a deep fat fryer.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for identification, up to a maximum of 3 marks. 1 mark for explanation, up to a maximum of 4 marks:</p> <ul style="list-style-type: none"> • The surface of a deep fat fryer should be dried thoroughly after use (1) to prevent water contaminating the oil (1) • Food debris should be removed from the oil (1) to increase the life span of the oil (1) • The cooled, used oil should be drained out regularly (1) to allow for cleaning of the interior of the machine (1) • Old oil should be replaced with fresh (1) to avoid tainting food (1) as the temperature you can fry at is lowered (1) • The old oil should be drained into suitable containers (1) and disposed of in accordance with the law (1) • The thermostat should be checked on a regular basis (1) to ensure correct results when frying (1) • The floor around the fryer should be thoroughly cleaned after use (1) to avoid slips (1) • Costs of repair can increased if the deep fat fryer is not maintained (1) 	Accept any other appropriate responses.	7

11	List three ways a lemon tartlet could be finished.		
	Acceptable answer(s)	Guidance	Max mks
	1 mark for each of the following, up to maximum of 3 marks: <ul style="list-style-type: none"> • Glazing (1) • Portioning (1) • Dredging (1) • Decorating (1) 		3
12	For each of the following, give one example of a vegetable, suitable for roasting. a) Root. b) Bulb. c) Vegetable fruit. d) Brassica.		
	Acceptable answer(s)	Guidance	Max mks
	1 mark for each of the following, up to a maximum of 4 marks: a) Carrots/Parsnips (1) b) Onions/Leeks (1) c) Tomatoes/Peppers (1) d) Cauliflower/Broccoli (1)	Accept any other appropriate responses.	4
13	Explain four stages for preparing a roast stuffed breast of lamb.		
	Acceptable answer(s)	Guidance	Max mks
	1 mark for identifying the preparation stage, up to a maximum of 4 marks. 1 mark for appropriate explanation, up to a maximum of 4 marks: <ul style="list-style-type: none"> • Bone out the lamb (1) to minimise waste (1) • Open out the lamb and season (1) spread with the stuffing (1) cooled stuffing reduces risk of food poisoning (1) • Tie the lamb neatly (1) so that it keeps its shape (1) • Sear the lamb (1) to add colour (1) • Place lamb on a bed of vegetables (1) to enhance flavour (1) • Cover/label (1) store in the fridge (1) at the correct temperature of below 5°C (1) 	Accept any other appropriate responses. Do not accept marks for listing equipment used. Do not accept response of 'prepare stuffing' (wording already in stem).	8

14	Describe two techniques for grilling a tender pork chop.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for identifying, up to a maximum of 2 marks. 1 mark for each description:</p> <ul style="list-style-type: none"> • The grill should be preheated (1) so the pork is cooked quickly (1) • The racks should be at the correct position (1) to avoid burning/ensure even cooking (1) • The racks/meat/grill pan should be lightly oiled (1) to prevent sticking (1) • The chops should be turned once (1) to enhance the presentation (1) 	Accept any other appropriate responses.	4
15	<p>A catering team has been asked to provide simple canapés for 50 people for the opening of a recording studio.</p> <p>Propose a suitable menu and discuss the wider factors to be considered when planning and preparing for the event.</p>		
	Acceptable answer(s)	Guidance	Max mks
	<p>Band 1: (1-5 marks) Wrote a basic menu, provided an outline plan for the task and identified some dietary considerations. Demonstrated a basic understanding of health and safety considerations with little detail. Listed equipment needed to produce the menu, some items may be missing. Explained some basic personal hygiene requirements. Outlined staffing requirements but little explanation/detail.</p> <p>To access the higher marks in the band, the discussion will contain mostly relevant points.</p> <p>Band 2: (6-10 marks) Recognised some items may need preparing before others, and suggested a logical sequence. Timings generally realistic and accurate. Correctly identified suitable resources for majority of the tasks. Linkages have been made with food safety and health and safety requirements. Some justification may have been given for the choices made. The response will demonstrate reasonable organisation and structure.</p>	<p>For no awardable content, award 0 marks.</p> <p>Indicative content</p> <ul style="list-style-type: none"> • Safe working practice • Cooking methods and dietary requirements • Use of small and large equipment • Scale of production • Sufficient stock, timings • Food safety • Health and safety • Correct use of equipment • Staff levels • Cost 	15

	<p>To access the higher marks in the band, the response will be clear, balanced with accurate points made which are supported and justified.</p> <p>Band 3: (11-15 marks) Menu written is detailed, clear and well structured. Options for special dietary requirements considered and well justified. The theme of the menu has been considered. Equipment and ingredients needed to produce the menu have been explained in detail. Health and safety (cross contaminations risks and personal hygiene considerations) has been well discussed and understood. Staffing, planning and timings have also been well considered.</p> <p>To access the higher marks in the band, the discussion will be comprehensive, well balanced, presented in a logical way with conclusions and/or recommendations fully justified.</p>		
--	---	--	--