

6100-30-030/530 Level 3 Advanced Technical Diploma in Professional Cookery (450) – Theory Exam

June 2018

1	State five pieces of health and safety legislation required in a professional kitchen.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for any of the following, up to a maximum of 5 marks:</p> <ul style="list-style-type: none"> • Health and Safety at Work etc. Act/HASAWA (1). • Control of Substances Hazardous to Health Regulations/COSHH (1). • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations/RIDDOR (1). • Management of Health and Safety at Work Regulations/MHSWR (1). • Manual Handling Operations Regulations/MHO (1). • Personal Protective Equipment Regulations/PPE (1). 		5
2	Explain the risks associated with poor personal hygiene in a professional kitchen.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for identification, up to a maximum of 2 marks. 1 mark for the effect, up to a maximum of 2 marks.</p> <ul style="list-style-type: none"> • Poor personal hygiene, such as unwashed hands, that can come into contact with food (1) can transfer bacteria (such as Staphylococcus) which, if ingested by customers, can cause infection (1). • Poor personal hygiene, such as untied hair, or dirty clothing, can lead to physical contamination (1) which is offensive to customers/suggests unprofessional practice (1). • Poor personal hygiene can lead to customer dissatisfaction (1) which is a risk to the business as may 		4

	<p>lead to poor reviews/lead to loss of revenue as customers no longer eat at the restaurant (1).</p> <ul style="list-style-type: none"> Poor personal hygiene practices can lead to issues with food safety authorities/EHO/EHP (1), under the stipulations of the Food Safety Act/Food Safety and Hygiene Regulations (1), risking the threat of improvement notices, fines and/or closure (1). 		
3	Explain the factors to consider when preparing meals for a customer on an Islamic diet.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for any of the following, up to a maximum of 4 marks:</p> <ul style="list-style-type: none"> Separate areas of the kitchen may need to be allocated to avoid any cross contamination of forbidden ingredients (1). Small meals/courses may need to be produced (1) eating is a matter of faith for Muslims and is founded on the premise of good health (1). Hence overindulgence is discouraged (1). Preparation methods used should abide by the Qu'ran (1). All foods should be Halal (1) except those that are Haram (1) or Mushbooh (1). Certain foods and ingredients should be avoided within the menu (1) i.e. typical items are additives in processed foods such as emulsifiers (1), gelatine (1) and enzymes (1) alcohol and intoxicants (1). All products derived from the pig (1), animals improperly slaughtered or dead before slaughter, carnivorous animals, birds of prey, blood and blood products and foods contaminated by any of the above are Haram (1). 		4
4	State five apportioned costs associated with operating a professional kitchen.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for any of the following, up to a maximum of 5 marks:</p> <ul style="list-style-type: none"> Administration (1) Marketing (1) Rent/mortgage (1) Insurances (1) Energy costs/Utility costs e.g. water (1) Banking charges (1) 		5

5	Explain the following terms in relation to a kitchen's financial balance sheet.		
5a	Fixed Assets		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for any of the following, up to a maximum of 4 marks:</p> <ul style="list-style-type: none"> • A fixed asset is a long-term tangible piece of property or equipment that a business owns and uses in the production of its income (1). • Buildings, real estate, kitchen equipment and front of house furniture are good examples of fixed assets (1). • Information about a business fixed assets will help create accurate financial reporting, business valuation and thorough financial analysis (1). • Fixed assets lose value as they age, because they provide long-term income, these assets are expensed differently than other items (1). 		4
5b	Current Liabilities		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for any of the following, up to a maximum of 4 marks:</p> <ul style="list-style-type: none"> • Current liabilities are a business' debts or obligations that are due within one year, appearing on the business's balance sheet, (1) short term debt, accounts payable, accrued liabilities and other debts are good examples of current liabilities (1). • Essentially, these are bills and invoices for the supply of food and drinks, other commodities, laundry costs and cleaning materials (1) that are due to creditors and suppliers within a short period of time (1). 		4
6	State four cuts that can be obtained from a chicken leg.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for any four of the following, up to a maximum of 4 marks:</p> <ul style="list-style-type: none"> • Sauté (1) • Thighs (1) • Drumstick (1) • Strips (1) • Diced (1) • Ballotine/stuffed (1) 		4

7	Explain the importance of three storage requirements for raw poultry.		
8	Describe two sugars commonly used in the production of puddings and desserts.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for identification, up to a maximum of 3 marks. 1 mark for each correct expansion:</p> <ul style="list-style-type: none"> • Temperature (1) – Raw poultry items must be stored under refrigerator/cold room conditions of between 3 – 5°C (1). This will reduce the chances of the multiplication of harmful bacteria occurring (1) and keep the food outside the danger zone temperatures (1). If freezing, store between -18°C and -22.5°C (1). • Humidity controls (1) - Raw poultry items must be stored at a suitable humidity (1). This should not be too high to allow the flesh of the poultry to absorb too much moisture (1) or too low to allow the poultry flesh to dry out (1). • Date labelling (1) - All raw poultry items must be correctly labelled with the name/description of the product, date produced, use by date, additional information such as allergen information can be recorded (1). This information will ensure that the food spoilage is reduced (1). • Coverings (1) – All raw poultry items must be covered with a suitable covering such as cling film (1) as this will reduce the risk of cross contamination between raw and cooked products (1). • Positioning (1) - Raw poultry items must be stored on the bottom shelf of a refrigerator or cold room (1) as this will reduce the chances of cross contamination which can occur if poultry juices are allowed to drip on other food commodities/commonly known as ‘drip contamination’ (1). • Stock rotation (1) – In order to maintain the freshness of raw poultry products and to reduce wastage through spoilage, stock rotation of stored poultry must occur (1). The First In-First Out (FIFO) concept should be used (1). 		6
	<p>Maximum of 2 marks available for each type of sugar. 1 mark for identification and 1 mark for appropriate description.</p> <ul style="list-style-type: none"> • Caster (1) - This sugar’s crystal size is the finest of all the types of granulated white sugar (1). It is ideal for delicately textured cakes and meringues, as well as for sweetening fruits dishes (1). 	Accept any other appropriate type of sugar and correct description/examples.	4

	<ul style="list-style-type: none"> • Icing (1) - This sugar is granulated sugar ground to a smooth powder and then sifted. (1) Icing sugar is ground into three different degrees of fineness (1). • Granulated/refined/table/white (1) – Granulated sugar is a highly refined, multi-purpose sugar (1). It is the most common type of sugar used in baking and cooking (1). • Glucose (1) – is a liquid/invert sugar. Liquid sugar is used in recipes to prevent crystallisation (1). • Demerara (1) other brown sugars (1) – for rich cakes and desserts e.g. Christmas cake/pudding (1) • Fructose (1) – naturally occurring sugar in fruit (1) 		
9	Discuss the potential reasons why a vanilla soufflé would not rise.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for any of the following, up to a maximum of 6 marks:</p> <ul style="list-style-type: none"> • The mixture was incorrectly mixed at the preparation stage (1) as the egg white may not have been incorporated into the mixture (1). Or the mixture was overbeaten (1) resulting in a heavy mixture (1) grainy texture of the soufflé. • Cooked at incorrect/too low temperature (1) which would result in the egg proteins not cooking and stiffening the foam enough for steam to generate (1). • If it is removed from the oven too quickly (1) as a result of the sudden change in air temperature (1). This would cause the soufflé to collapse under its own weight (1). • Incorrect preparation of the ramekin (1). • The mixture has separated due to the fats used (1). 		6
10	State three cakes or biscuits that can be made using the rubbing in method technique.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for any of the following, up to a maximum of 3 marks:</p> <ul style="list-style-type: none"> • Shortbread (1) • Rock cakes (1) • Cookies (1) • Scones (1) • Gingerbread biscuits (1) 		3

11	Explain the importance of sieving when making a Viennese biscuit.		
	Acceptable answer(s)	Guidance	Max mks
	<p>1 mark for any of the following, up to a maximum of 6 marks:</p> <ul style="list-style-type: none"> • The dry ingredients are sieved together (1) to ensure there is an even distribution, which will result in a well-balanced product (1). • An open package of flour can absorb moisture (1) which can create lumps which can be removed by sifting through a flour sieve (1). • Sifted flour is much lighter and finer than un-sieved flour (1) which makes it easier to mix into other ingredients (1). • Foreign objects such as wheat husks or weevils are physical contaminants (1) so sieving the dry ingredients reduces the risk of such foreign objects such going in to the mixture (1). 		6
12	<p>The hotel is looking to provide 24-hour room service as part of its customer offer. The hotel management has asked the kitchen to suggest four suitable main courses that can be used on the room service menu and have a selling price of less than £12 per dish.</p> <p>The following main course dishes have been suggested by another member of the team:</p> <ul style="list-style-type: none"> • Chicken curry, rice, poppadoms, mango chutney and naan bread • Beef stroganoff, brown rice and handmade flat bread • Pan fried rump steak with hand cut chips and a peppercorn sauce • Wiltshire ham, fried eggs and chips <p>Discuss the suitability of each main course, suggesting alternative dishes where appropriate.</p>		
	Acceptable answer(s)	Guidance	Max mks
	<p>Band 1 (1 – 5 marks) Limited knowledge of factors of how room service would work for the kitchen. Simplistic understanding of recipes composition and the balance of ingredients, flavours and textures. Demonstrated a basic coherence of the recipes and overall menu management. Identified some suitable alternative ingredients or dishes. Little understanding or recognition of the importance of food safety and legalisation. Limited understanding of menu/dish service styles. Little justification to answer.</p> <p>To access the higher marks in the band, the discussion will contain mostly relevant points.</p> <p>Band 2 (6 - 10 marks) Good knowledge of factors and of how room service would work for the kitchen. Reasonably well developed understanding of</p>	<p>For no awardable content, award 0 marks.</p> <p>Indicative content</p> <ul style="list-style-type: none"> • Suitability of the menu • Realistic cost of dishes • Alternative suitable ingredients and dishes provided • Service style • Use of convenience ingredients • Speed of preparation, cooking and service 	15

	<p>recipes composition and the balance of ingredients, flavours and textures. Demonstrated sound coherence of knowledge of the recipes and overall menu management. Identified suitable alternative ingredients or dishes. Sound understanding of menu/dish service styles. Reasonably well developed understanding or recognition of the importance of food safety and legalisation. Best practice referenced throughout. Reasonable justification to answer.</p> <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) Fully developed knowledge of factors of how room service would work for the kitchen. Effective understanding of recipes composition and the balance of ingredients, flavours and textures. Demonstrated a full coherence of knowledge of the recipes and overall menu management. Identified a wide range of suitable alternative ingredients or dishes. Clear understanding of menu/dish service styles and costings. Demonstrated a full coherence of the management of food safety.</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>	<ul style="list-style-type: none"> • Ease of transportation from kitchen to rooms • Skill of staff • Portion control • Ethnic influences • Flavours and texture • Vegetarians • Children • Cost • Food Safety • Allergens • Repetition of ingredients (e.g. rice) • Seasonality • Implications of providing a 24 hour service • Equipment requirements (e.g. hot holding equipment during transportation) 	
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