

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

March 2018

1	<p>1 mark for any five of the following; maximum 5 marks:</p> <ul style="list-style-type: none"> • Protein as a structural component of cells and tissues (1) • Protein is secondary form of energy after fats and carbohydrates (1) • Protein is important for growth (1) • Protein is important for repairing damage to cells and tissue (1) • Protein supports bodily functions by breaking down food for absorption (1) 	Accept any other appropriate response.	5
2	<p>1 mark for description of risk and a further mark as to how this risk could affect a professional kitchen:</p> <ul style="list-style-type: none"> • If waste, prior to disposal, is inappropriately stored (1), then the risk of employee accidents, such as trips and slips, could increase (1) • If waste food items are not removed from the kitchen within an appropriate timescale, there is a risk of attracting pests and vermin (1) which would create a risk to both employees, customers, equipment, infrastructure and food (1). • If waste is not being disposed of correctly this will have an impact on the cleanliness and hygiene of the kitchen environment which could lead to a food safety risk (1). Contaminated food may lead to food poisoning or if disposed of is a waste of resources (1) • Waste food package i.e. cardboard poses a fire risk, as a build-up of packaging can pose potential fuel for any kitchen fire (1) whilst also blocking or inhibiting fire escape routes which could lead to injury or death (1). • Rotting waste will produce an unpleasant smell (1). Issues of this nature are potentially damaging to the business's reputation (1). This could become financially damaging (1). Food safety problems can lead to fines and prohibition notices (1). 	Accept any other appropriate response.	4

3	<p>1 mark for identifying category and 1 further mark for appropriate description:</p> <ul style="list-style-type: none"> • Demi-Vegetarians (1) Will eat dairy products, eggs and traces of animal derivatives. Some may also eat fish i.e. pescatarian (1) • Ovo-Lacto Vegetarians (1) Will eat dairy produce, eggs, honey, but no animal produce or carcass, whether whole pieces or derivatives (1) • Ovo-Vegetarians (1) Will eat eggs, honey and shellac, but no dairy produce or animal produce or carcass, whether whole pieces or derivatives (1) • Lacto Vegetarians (1) Will eat dairy produce, honey, but no eggs or animal produce or carcass, whether whole pieces or derivatives (1) • Vegans (1) Will not eat dairy produce, eggs or any animal produce, including honey (1) 		4
4	<p>1 mark for any five of the following; maximum 5 marks:</p> <ul style="list-style-type: none"> • Purchasing specifications (1) • Preparation and cooking methods (1) • Dish presentation (1) • Service equipment (1) • Portion control (1) • Standardised recipes (1) • Menu balance (1) • Labour costs (1) • Availability of ingredients/seasonality (1) • Target market (1) • Labour skills (1) • Cost of ingredients (1) • Seasonal ingredients (1) • Innovation/trends (1) 	Accept any other appropriate response.	5

5	<p>1 mark for any eight of the following; maximum 8 marks:</p> <table border="1" data-bbox="188 181 963 562"> <thead> <tr> <th>Item</th> <th>Amount per portion</th> <th>Cost per 100g</th> <th>Cost per portion</th> </tr> <tr> <td></td> <td>(a)</td> <td>(b)</td> <td>(c)</td> </tr> </thead> <tbody> <tr> <td>Chicken</td> <td>125g</td> <td>£0.52</td> <td>£0.65 (1)</td> </tr> <tr> <td>Bacon</td> <td>60g</td> <td>£0.45</td> <td>£0.27 (1)</td> </tr> <tr> <td>Tomato + lettuce</td> <td>40g</td> <td>£0.30</td> <td>£0.12 (1)</td> </tr> <tr> <td>Bread + butter</td> <td>50g</td> <td>£0.12</td> <td>£0.06 (1)</td> </tr> <tr> <td>Mayonnaise</td> <td>25g</td> <td>£0.40</td> <td>£0.10 (1)</td> </tr> </tbody> </table> <table border="1" data-bbox="188 595 963 790"> <tbody> <tr> <td>Total cost of ingredients per portion</td> <td>£1.20 (1)</td> </tr> <tr> <td>Selling price with 80% gross profit</td> <td>£6.00 (1)</td> </tr> <tr> <td>Selling price with VAT @ 20%</td> <td>£7.20 (1)</td> </tr> </tbody> </table>	Item	Amount per portion	Cost per 100g	Cost per portion		(a)	(b)	(c)	Chicken	125g	£0.52	£0.65 (1)	Bacon	60g	£0.45	£0.27 (1)	Tomato + lettuce	40g	£0.30	£0.12 (1)	Bread + butter	50g	£0.12	£0.06 (1)	Mayonnaise	25g	£0.40	£0.10 (1)	Total cost of ingredients per portion	£1.20 (1)	Selling price with 80% gross profit	£6.00 (1)	Selling price with VAT @ 20%	£7.20 (1)	<p>Accept answers in other appropriate formats e.g. 65p/0.65</p>	8
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6	<p>1 mark for any four of the following; maximum 4 marks:</p> <ul style="list-style-type: none"> • Roast/Baking (1) • Grill/BBQ (1) • Shallow fry (1) • Sauté (1) • Deep fry (1) 	<p>Accept any other appropriate response.</p>	4																																		
7	<p>1 mark for description of effect and 1 further mark for expansion relating to why this effect occurs:</p> <ul style="list-style-type: none"> • Proteins, fats, minerals and cholesterol are mostly retained, depending on the cookery method (1). Deep fat frying is the exception to this, where additional fats and oils can be absorbed into the flesh, increasing the fat content of the meat (1). • Some natural fat is released in the nutrient-rich juices (1) which drop the meat as a result of being cooked at a high dry heat (1). • Vitamin loss in cooked poultry may be as much as 50% (1). However, cooked poultry doesn't contain significant amounts of vitamins (1). • Wet cooking methods such as pouching and steaming leads to a significant loss of water soluble vitamins (1). When using a poaching liquid to make a sauce this retrieves the vitamins that have come from the meat (1). • The longer the cooking time, the more nutrients are lost from the meat (1) as heat destroys the nutrients that are naturally present within the meat (1). • Sous-vide will help to retain moisture and nutritional value (1) and a marinade or the addition of aromatics/herbs will add to the nutritional/micro-nutritional value (1). 	<p>Accept any other appropriate response.</p>	6																																		

8	<p>1 mark for any four of the following; maximum 4 marks:</p> <ul style="list-style-type: none"> • Allows precise timings to be set and adhered to (1) • Allows precise temperature control (1) • Allows metal items to be used in the microwave (1) • Gives an even distribution of heat (1) • Allows items to be defrosted and reheated evenly and quickly (1) • Many microwaves have hybrid features (1) • Allows the production of unique products (1) • Space efficient (1) • Ease of use – simple training requirements (1) 	Accept any other appropriate response.	4
9a	<p>1 mark for correct description of caramelisation and up to 2 marks for appropriate expansion:</p> <ul style="list-style-type: none"> • Caramelisation is the oxidation of sugars which occurs through a non-enzymatic browning reaction (1) where volatile chemicals are released and results in a nutty flavour and brown colour (1). The reaction involves the removal of water in the form of steam and the breakdown of the sugar crystals (1). 	Accept any other appropriate response.	3
9b	<p>1 mark for any three of the following; maximum 3 marks:</p> <ul style="list-style-type: none"> • Caramelisation depends on the type of sugar used as sucrose and glucose caramelize around 160° C and fructose caramelises at 110° C (1). • The higher the temperature that the sugar reaches, the darker and nuttier becomes (1). If the caramelisation process is allowed to proceed to far, (temperature) the taste of the mixture will become bitter as the original sugar crystals are destroyed and eventually the flavour will turn bitter (1). • The Maillard reaction occurs when the starch and sugars caramelize when baking at a temperature above 155° C (1) giving flavour, colour and texture to the product (1). 	Accept any other appropriate response.	3
10a	<p>1 mark for any three of the following; maximum 3 marks:</p> <ul style="list-style-type: none"> • Whisking (1) • Sieving (1) • Folding (1) • Lining/tin preparation (1) 	Accept any other appropriate response.	3
10b	<p>1 mark for any six of the following; maximum 6 marks:</p> <ul style="list-style-type: none"> • Cooking the Swiss roll too fast can lead to the outside of the sponge being too brown (1) where the surface proteins have set before the centre is cooked (1) and there is insufficient 		6

	<p>heat to set the proteins in the centre of the sponge, which makes it heavy to roll (1).</p> <ul style="list-style-type: none"> • Texture should be light, soft and flexible (1) to enable it to roll and hold its shape without cracking (1) because the proteins are set without becoming too rigid and dry (1). 		
11	<p>Band 1 (1 – 5 marks): Limited knowledge of factors that influence choice. Simplistic understanding of recipes and menu composition and the balance of ingredients; flavours and textures. Demonstrates 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 preparation, cooking and 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 that influence choice. Reasonably well developed understanding of recipes and menu composition and the balance of ingredients, flavours and textures. Demonstrates sound coherence 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 that influence choice. Effective understanding of recipes, menu composition and the balance of ingredients, flavours and textures. Demonstrates a fully coherence knowledge of the recipes and overall menu management. Identified a wide range of suitable alternative ingredients or dishes. Clear understanding of menu/dish preparation, cooking and service styles. Demonstrates a fully coherence of the management of food safety in the kitchen and through service.</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>	<p>Indicative content</p> <ul style="list-style-type: none"> • Guest numbers • Seasonality of produce (e.g. asparagus will be out of season in August) • Repetition of ingredients (Fish and herb salad in starter, fish and herb salad in fish course) • Preparation and cooking methods for large numbers • Suitability of the courses (e.g. hot heavy dessert inappropriate for summer) • Language used on the menu (mix of English and French) • Alternative suitable ingredients and dishes provided • Service style • Religious meaning/importance • Portion control • British influences • Flavours and texture • Vegetarians/dietary requirements • Children • Cost • Food Safety including legislation • Allergens • Service style 	15