

**Qualification: 6100-33-036/536 Level 3 Advanced Technical
Diploma for Professional Chefs (Kitchen and Larder) (450) – Theory Exam
March 2018**

1	<p>1 mark for each of the following, up to a maximum of 4 marks:</p> <ul style="list-style-type: none"> • to prevent/reduce bacterial multiplication (1) • to prevent outbreaks of food poisoning (1) • to meet due diligence criteria (1) • to keep food safe (1) • to comply with legislation (1) • to prevent waste/increase shelf life/quality (1) 		4
2	<p>1 mark for each of the following, up to a maximum of 7 marks: Maximum 3 marks for identifying requirements.</p> <ul style="list-style-type: none"> • Hand washing facilities that are separate from food preparation (1) must be supplied to help reduce the spread of bacteria (1). • Waste areas need to be separate from preparation (1) areas to prevent contamination/to enable easy access for waste collection (1). • Sanitation services (e.g. drainage, sanitation) need to be enclosed away from food preparation areas (1) to reduce the risk of contamination (1). • Utility services (e.g. gas, electricity) need to be enclosed away from food preparation areas (1) to meet health and safety requirements (1). • Work flow design needs to promote safe working practices (1) by creating separation between high and low risk areas/linear flow (1). • Walls/floors should be non-porous/hard wearing/easy to clean (1) so that dirt can't collect in any cracks (1) • Lighting should be adequate, either natural or artificial (1) to ensure the space is safe and practical to use (1). • Ventilation filters the air (1) which regulates temperature and improves the air quality (1). • Staff changing areas should be provided (1) to prevent outdoor clothes contaminating food preparation areas (1). 		7

3	<p>1 mark each of the following, up to a maximum of 2 marks:</p> <ul style="list-style-type: none"> • Gaining/earning respect (1) • Listening (1) • Confidentiality (1) • Approachable (1) 		2
4	<p>1 mark for identification of planning responsibility and 1 further mark for relevant expansion that explains why it is important. Maximum 2 marks for identification of planning responsibilities.</p> <ul style="list-style-type: none"> • <u>Setting/communicating targets</u> (1) so that all staff are aware of how the kitchen will operate to hit target (e.g. style of food, food cost %, wastage) (1). • <u>Developing work schedule rotas</u> (1) so that the kitchen is fully staffed to operate, food is produced to the correct standard within a given timeframe (1). • <u>Maintaining health and welfare by implementing legislation</u> (e.g. rest rooms, breaks) (1) to motivate staff and reduce turnover (1). • <u>Carrying out risk assessment</u> (1) to ensure staff safety and compliance with legislation (1). • <u>Conducting team development/staff coaching/training</u> (1) so that you have a team that work together resulting in a focused workforce (1). 		4
5	<p>1 mark for each of the following, up to a maximum of 2 marks:</p> <ul style="list-style-type: none"> • Buying specifications/less packaging (1) • Holding minimum/maximum stock levels/stock control/stock rotation (1) • Producing to dish specifications (1) • Re-using ingredients to create specials (1) 		2
6	<p>1 mark for identifying the benefit and 1 further mark for the relevant expansion that explains the effect of this benefit, up to a maximum of 4 marks:</p> <ul style="list-style-type: none"> • Can be used as a business marketing tool (1) in order to improve image which can lead to greater footfall (1). • Reduces food miles (1) helping to reduce carbon footprint in the environment (1). • Increases local employment (1) which helps sustain the local economy (1). 	Accept any other appropriate response.	4
7	<p>1 mark for each of the following, up to a maximum of 2 marks:</p> <ul style="list-style-type: none"> • Fried chicken (1) 	Accept any other appropriate response.	4

	<ul style="list-style-type: none"> • Burger bars (1) • Pizza outlets (1) • Sandwich bars (1) • Fish and chips (1) 		
8	<p>1 mark for each of the following, up to a maximum of 7 marks:</p> <ul style="list-style-type: none"> • Setting: is a strong influence on diners depending on the occasion (1). For example, a sea view restaurant might appeal to someone on a romantic date while it would make no difference to a business lunch (1). • Ambience: either formal or relaxed (1) but should make the customer feel comfortable (1). • Food: should reflect the style of the restaurant (1) to meet customer expectations , such as price, type of dishes etc. (1) • Drink: to provide a choice of alcoholic and non-alcoholic drinks (1) to compliment the food and meet the expectation of the customer. (1) • Service: should complement the type of restaurant/customer service is paramount (1). Bad service will affect return business (1). • Reception: customer wants to feel welcome from the moment they enter the restaurant (1). The initial reception received could encourage or dissuade the customer from coming into your business (1). • Perceived value: customers expect value for money (1) whatever end of the market you are dining in (1). 		7
9	<p>1 mark for each of the following, up to a maximum of 6 marks:</p> <ul style="list-style-type: none"> • Blending (manual/mechanical) (1) • Seasoning (1) • Fine sieving (1) • Addition of protein (e.g. egg white) (1) • Incorporation of cream (1) • Testing (poach, fry) (1) 		6
10	<p>1 mark for identification of effect and 1 mark for each explanation up to a maximum of 6 marks:</p> <ul style="list-style-type: none"> • Smoking denatures the protein (1) which leads to a firm and dry texture (1). • It can add an intense flavour and richness to the meat (1) however, over smoking can lead to a bitter flavour/taste to the meat (1). • It should add a gentle flavour to the meat (1) but not over power the natural flavours of the meat (1). • It can concentrate the nutrient content, especially the iron, magnesium and potassium levels (1) however, the smoking 		6

	<p>process can destroy a number of vitamins found naturally within the meat (1).</p> <ul style="list-style-type: none"> • It will extend the shelf life from days to weeks by removing moisture (1) which inhibits bacterial growth (1). • It changes the outside colour of the meat (1) because the smoke will only penetrate the outer layer of the meat (1). 		
11	<p>1 mark for description of addition of fat and 1 further mark for appropriate expansion relating to how it improves the quality of game:</p> <ul style="list-style-type: none"> • Placing fat (e.g. bacon) over the game (1) helps to add moisture to the meat during cooking because game is traditionally lean (1). • Threading fat through the meat (1) so that it melts during the cooking process helps to moisten and tenderise the meat from the inside/imparts flavours into the game meat (1). • Larding protects the game during cooking (1) by allowing the heat to penetrate evenly during the roasting process (1). 		4
12	<p>Band 1 (1-4 marks) Limited knowledge of physical and natural resources used in a professional kitchen. Little understanding of the benefits to the business and environment in controlling waste. Some suitable areas of savings identified in a professional kitchen. 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 (5-8 marks): Good knowledge of physical and natural resources used in a professional kitchen. Reasonably well developed understanding of the benefits to the business and environment in controlling waste. Suitable areas of savings identified in a professional kitchen. 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 (9-12 marks): Fully developed knowledge of physical and natural resources used in a professional kitchen. Effective understanding of the benefits to the business and environment in controlling waste. Demonstrates a fully coherence of physical and natural resource efficiency. Identified all areas in a professional kitchen. Well-structured and comprehensively justified answers.</p> <p>To access the higher marks in the band, the discussion will be comprehensive, well balanced and presented in a logical way with conclusions and/or recommendations that are fully justified.</p>	<p>Indicative content</p> <ul style="list-style-type: none"> • Utilities e.g. gas, electric, water • Food • Packaging • Sundries e.g. paper towels • Equipment • Reduce wastage • Reduce energy bills • Reduce refuse collection • Increase profitability • Benefit to the environment 	12