

Qualification: 7178-20-021/521 Level 2 Technical Certificate in Food Preparation and Service (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"> • Nail biting (1) • Touching head/face (1) • Smoking in the food environment (1) • Sneezing/coughing (1) • Tasting with fingers (1) • Sweating over food (1) • Not washing hands (1) • Wiping hands of PPE clothing (1) 		4
2	<p>1 mark for each of the following, up to a maximum of 3 marks:</p> <ul style="list-style-type: none"> • Cuts and grazes (1) * • Bruises and sprains (1) * • Breaks and fractures (1) * • Head injuries (1) • Burns and scalds (1)* • Skeletal issues (1) 	<p>A maximum of 1 mark per injury group e.g. for cuts, grazes and breaks, award 2 marks or cuts, bruises or breaks and fractures, award 3 marks.</p>	3
3	<p>1 mark for identifying the method, up to a maximum of 2 marks and 1 mark for expansion, up to a maximum of 3 marks:</p>	<p>Accept any other appropriate response.</p>	5

	<table border="1"> <thead> <tr> <th data-bbox="193 107 568 136">Method</th> <th data-bbox="579 107 995 136">Expansion</th> </tr> </thead> <tbody> <tr> <td data-bbox="193 136 568 255">By using the appropriate waste disposal methods (1)</td> <td data-bbox="579 136 995 255">You reduce the chance of pest being encouraged to find food and shelter within the waste (1)</td> </tr> <tr> <td data-bbox="193 255 568 351">Bait boxes are a safe method of killing rodents such as mice and rats (1)</td> <td data-bbox="579 255 995 351">Rodents go into box and ingest the poison bait (1)</td> </tr> <tr> <td data-bbox="193 351 568 470">Fly screens are applied to the inside of windows of kitchen where the window can open (1)</td> <td data-bbox="579 351 995 470">They prevent insects such as flies and wasps from flying into the kitchen and contaminating food (1)</td> </tr> <tr> <td data-bbox="193 470 568 566">Insectocutors or electric fly killers use UV bulbs which flying insects are attracted too (1)</td> <td data-bbox="579 470 995 566">The electric currents are surrounding the blub which electrocute the pest (1)</td> </tr> <tr> <td data-bbox="193 566 568 663">Kick plates are placed on the bottom of door (1)</td> <td data-bbox="579 566 995 663">This is to stop rodents chewing their way through the door (1)</td> </tr> <tr> <td data-bbox="193 663 568 784">Using a pest control services (1)</td> <td data-bbox="579 663 995 784">It will reduce/prevent the likelihood of a pest infestation (1) or will be able to identify and kill any infestation (1)</td> </tr> <tr> <td data-bbox="193 784 568 880">Rubbish removed from kitchen and put in exterior bins with locks on (1)</td> <td data-bbox="579 784 995 880">It will reduce/prevent the likelihood of a pests eating any food waste (1)</td> </tr> <tr> <td data-bbox="193 880 568 1001">Good building maintenance (1)</td> <td data-bbox="579 880 995 1001">This can prevent the pests from getting into the building, such as filling in crack in walls & pipes (1)</td> </tr> <tr> <td data-bbox="193 1001 568 1122">Reporting to supervisors/managers (1)</td> <td data-bbox="579 1001 995 1122">This shows a proactive approach to pest management and can to eliminate before it becomes a problem (1)</td> </tr> <tr> <td data-bbox="193 1122 568 1243">Good kitchen housekeeping (1)</td> <td data-bbox="579 1122 995 1243">Displaying good kitchen housing keeping by removing rubbish, keeping it clean and keeping items covered (1)</td> </tr> </tbody> </table>	Method	Expansion	By using the appropriate waste disposal methods (1)	You reduce the chance of pest being encouraged to find food and shelter within the waste (1)	Bait boxes are a safe method of killing rodents such as mice and rats (1)	Rodents go into box and ingest the poison bait (1)	Fly screens are applied to the inside of windows of kitchen where the window can open (1)	They prevent insects such as flies and wasps from flying into the kitchen and contaminating food (1)	Insectocutors or electric fly killers use UV bulbs which flying insects are attracted too (1)	The electric currents are surrounding the blub which electrocute the pest (1)	Kick plates are placed on the bottom of door (1)	This is to stop rodents chewing their way through the door (1)	Using a pest control services (1)	It will reduce/prevent the likelihood of a pest infestation (1) or will be able to identify and kill any infestation (1)	Rubbish removed from kitchen and put in exterior bins with locks on (1)	It will reduce/prevent the likelihood of a pests eating any food waste (1)	Good building maintenance (1)	This can prevent the pests from getting into the building, such as filling in crack in walls & pipes (1)	Reporting to supervisors/managers (1)	This shows a proactive approach to pest management and can to eliminate before it becomes a problem (1)	Good kitchen housekeeping (1)	Displaying good kitchen housing keeping by removing rubbish, keeping it clean and keeping items covered (1)		
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4	<p>1 mark for each of the following, up to a maximum of 6 marks:</p> <ul style="list-style-type: none"> • Consumer Rights Act (1) • Data Protection Act (1) • Equality Act (1) • Licensing Act (1) • Weights and Measures Act (1) • Working Time Regulations (1) • Health and Safety Act etc. (1) • Food Safety Act (1) • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) (1) • Control of Substances Hazardous to Health Regulations (1) 	Accept any other appropriate responses.	6																						

5	<p>1 mark for each of the following, up to a maximum of 5 marks:</p> <ul style="list-style-type: none"> • They usually assist with basic tasks but have had no formal training in cooking (1). • Tasks could include peeling vegetables, potatoes or washing salad for example (1). • Smaller kitchens more commonly have a kitchen porter who would be assigned a wide variety of tasks including cleaning and washing up and basic food preparation (1) in order to keep staffing costs down (1). • Their task may involve putting stock away when delivered and moving stock items around the kitchen (1). • They will usually work directly to the head chef to carry out tasks (1). 		5
6	<p>1 mark for each of the following, up to a maximum of 4 marks:</p> <ul style="list-style-type: none"> • Chop (finely) (1) • Dice (1) • Mark and score (1) • Peel (1) • Segment (1) • Slice (1) • Trim (1) • Shaping (1) 	<p>Accept the technical names of cuts that are used e.g. Mirepox.</p> <p>Do not accept cuts that would usually be done with another type of knife such as turning vegetables, filleting fish, boning meat or batoning etc.</p>	4
7	<p>1 mark for each of the following, up to a maximum of 4 marks</p> <ul style="list-style-type: none"> • Conventional (1) • Fan assisted (convection) (1) • Combination (steam/dry heat) (1) • Microwave (1) • Wood fired (pizza/stoned) (1) 	<p>Accept steam or fan oven.</p> <p>Do not allow electric or gas oven.</p>	4
8	<p>1 mark for each of the following, up to a maximum of 6 marks:</p> <ul style="list-style-type: none"> • A deep fat fryer is used to heat cooking oils, so foods can be completely covered in hot oil to be cooked (1). They have deep chambers which holds sufficient oil for frying (1). • They can be electric/gas powered (1) as well as being free standing/tabletop versions (1). • Most professional deep fat fryers have one or two removable frying baskets where you can submerge foods into the hot oil (1). • Most deep fat fryers will have containers and draining systems making the removal of the hot oil safer and easier after use (1). • Temperature controls may have ranges that begin at around 150°C and reach almost 190°C or more at the upper end (1). You are able to control the temperature and allow for different settings for various types of food (1). 	<p>Accept any other appropriate responses.</p>	6

	<ul style="list-style-type: none"> The majority of modern deep fat fryers have safety thermostats that automatically cut the power if the oil reaches dangerous temperatures (1) helping prevent oil fires (1). They also have safety guards/lids to prevent any hot oil splashing out of the fryer (1). 		
9	<p>1 mark for each of the following, up to a maximum of 4 marks:</p> <ul style="list-style-type: none"> Chicken (1) Duck (1) Quail (1) Convenience – Powder (1) Convenience – Liquid (1) 	<p>Do not accept fish, goose or ostrich eggs as these are not common eggs used in the kitchen. They are available but the question states 'common'.</p> <p>Do not accept chocolate eggs.</p>	
10	<p>1 mark for each of the following, up to a maximum of 4 marks:</p> <ul style="list-style-type: none"> Baking (1) Boiling (1) Microwaving (1) Steaming (1) 		4
11a	<p>1 mark any of the following, up to a maximum of 3 marks:</p> <ul style="list-style-type: none"> Blanching can be used to cook vegetables by placing them into large amounts of rapidly boiling water for a specified/short amount of time (1). Blanching helps retain the colour (1) and preserve the nutrients (1). Blanching can also be used to remove the skin from tomatoes (1). When it comes to food service, the vegetables will have a much shorter cooking time as they pre-cooked (1). Boiled for a limited time period and refreshed/cooled in cold/iced water (1). An example could be chipped potatoes cooked in oil for a short period of time at a lower temperature (1). 	Accept any other appropriate response.	3
11b	<p>1 mark any of the following, up to a maximum of 3 marks:</p> <ul style="list-style-type: none"> Boiling is the process of heating liquid to the temperature at which it will begin to transform into a gaseous state, which is 100°C (1) this can be seen if bubbling occurs (1). Boiling is a common method for cooking vegetables, especially root or firm vegetables (1) such as potatoes/carrots/swede/turnip/cauliflower/broccoli (1). Boiling vegetables for only a short amount of time will help to retain the colour (1) and helps preserve nutrients (1). Over boiling will destroy the water-soluble vitamins within the vegetables (1). 	Accept any other appropriate response.	3

	<ul style="list-style-type: none"> • Vegetables cut into the same size for boiling will cook evenly (1). • Vegetables grown above ground would be placed in a pan once water is boiling (1). • Vegetables grown below ground would be placed in cold water and then brought to the boil (1). 		
12	<p>1 mark for each of the following, up to a maximum of 4 marks:</p> <ul style="list-style-type: none"> • Accompaniments and condiments (1) • Crockery (1) • Cutlery (1) • Disposables (1) • Glassware (1) • Linen (1) • Menus and promotional materials (1) • Table numbers (1) 	<p>Accept any other appropriate responses. Only award 1 mark per group e.g. knife, fork, spoon, napkin, award 2 marks.</p>	4
13	<p>1 mark for each of the following, up to a maximum of 4 marks:</p> <ul style="list-style-type: none"> • Cash (1) • Debit cards (1) (chip and pin, contactless, signature) • Credit cards (1) (chip and pin, contactless, signature) • Cheques (1) • Vouchers (1) • Pre-payments (1) (On-line, business accounts, PayPal, BACS) • Deposits (1) • Contactless devices (1) (Smartphone/watch) • Business accounts (1) 		4
14	<p>1 mark for each of the following, up to a maximum of 6 marks:</p> <ul style="list-style-type: none"> • Room service is the delivery of food and beverage products to a guest's room in a hotel (1). • Room service is an important component of the overall service experience within some 4 & 5* hotels and resorts (1). • Some hotels offer 24-hour room service for customers to order food and beverage products (1). • Room service provides flexibility for the customer, allowing them to eat/drink in their own room (1) at their own pace, at their preferred time and company (1). For some, room service is a luxurious indulgence (1). • Menu prices for room service are often at a premium in comparison to the hotel's restaurant menu offerings (1). It allows the guest to add the payment to the hotel bill and pay later (1). • Limited selection may be offered depending on the establishment (1). 		6
15	<p>Band 1 (1 – 5 marks): Limited knowledge of factors and planning that effect the refurbishment. Simplistic understanding of service, equipment and payment systems. Demonstrates a basic coherence of the planning and overall kitchen and</p>	<p>Indicative content</p> <ul style="list-style-type: none"> • Large equipment 	15

	<p>front of house requirements. Identified some processes. Little understanding or recognition of the importance of food and health and safety and legalisation. Limited understanding of equipment requirements. Little understanding of the link between the kitchen and front of house. 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 planning that effect the refurbishment. Reasonably well-developed understanding of service, equipment and payment systems. Demonstrates a sound coherence of the planning and overall kitchen and front of house requirements. Identified the majority of equipment requirements and processes. Sound understanding or recognition of the importance of food and health and safety and legalisation. Reasonably well-developed understanding of equipment requirements. Clear understanding of the link between the kitchen and front of house. 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 and planning that effect the refurbishment. Effective understanding of service, equipment and payment systems. Demonstrates a full coherence of the planning and overall kitchen and front of house requirements. Identified a wide range of equipment requirements and processes. Clear and full understanding or recognition of the importance of food and health and safety and legalisation. Demonstrates a fully coherence and understanding of equipment requirements. Clear and full understanding of the link between the kitchen and front of house. Best practice referenced throughout. Full justification to answer.</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"> • Small equipment • Equipment Design, power source/fuel, Size • Payment system • Service style • Service equipment • Kitchen equipment • Layout of the kitchen and restaurant • Menu • Staffing • Cost • Food Safety • Health and Safety • Legislation • Professional standards • Business reputation • Repairing / Maintenance Costs • Training • Ambience • Period of Closure 	
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