

7178-20 Level 2 Technical Certificate in Food Preparation and Service

Version: Sample

Base mark: 80

1

a) State **two** environmental factors that can contribute to the risk of accidents when working in the hospitality industry.

b) State **three** control measures that can be implemented to reduce the risk of accidents when using cleaning chemicals.

Answer:

a) 1 mark for each of the following, up to 2 marks:

- Noise levels
- Lighting
- Temperature
- Layout

b) 1 mark for each of the following, up to 3 marks:

- Appropriate training
- Correct use of PPE
- Following manufacturer's instructions
- Good housekeeping (i.e. following appropriate storage procedures for chemicals)
- Risk assessments

Test spec reference: 201 – 3.1, 3.3

Total marks: 5

2

Explain the possible consequences to customers and the business of reheating lasagne below 75°C.

Answer:

1 mark for each of the following, up to 4 marks:

- Food poisoning due to insufficient core temperature
- Customer complaints resulting from dissatisfaction or illness
- Damaged business reputation due to bad publicity and/or word of mouth
- Income impacted by loss of business
- Improvement/closure notices due to poor practice
- Fines/imprisonment resulting from noncompliance

Test spec reference: 201 – 1.2, 2.3

Total marks: 4

3

Describe the **main** responsibility of each of the following job roles:

- Sous chef
- Sommelier
- Concierge
- Floor housekeeper

Answer:

1 mark for each of the following, up to 4 marks:

- Sous chef: deputising for head chef of a kitchen
- Sommelier: providing wine service
- Concierge: meeting, greeting and organising guest services
- Floor housekeeper: supervising a section of rooms

Test spec reference: 202 – 1.3

Total marks: 4

4

Explain the purpose of setting minimum and maximum stock levels.

Answer:

- To ensure sufficient stock is held to meet business demands
- To balance the cost of commodities with the cost of holding stock, within budget levels
- To help prevent wastage due to old or out of date commodities
- To take account of available storage capacity

Test spec reference: 202 – 3.1

Total marks: 4

5

State **four** tools or pieces of small equipment required to serve white wine at a bar.

Answer:

1 mark for each of the following, up to 4 marks:

- Waiter's friend
- Glassware
- Ice bucket
- Disposables (e.g. napkins or coasters)
- Measures
- Trays

Test spec reference: 203 – 2.2

Total marks: 4

6

Explain why a paring knife is more suitable than a bread knife for segmenting an orange.

Answer:

1 mark for each of the following, up to 4 marks:

- Smaller to handle which reduces risk of accidents
- Shorter blade is more suitable for the size of the commodity

- Rigid blade provides more precision
- Smooth blade prevents tearing of the flesh

Test spec reference: 203 – 1.1

Total marks: 4

7

State the preparation methods involved in producing coleslaw.

Answer:

1 mark for each of the following, up to 3 marks:

- Washing
- Peeling
- Cutting/grating/shredding
- Binding

Test spec reference: 204 – 6.1, 6.2

Total marks: 3

8

State **three** methods of cooking long grain rice.

Answer:

1 mark for each of the following, up to 3 marks:

- Boiling
- Microwaving
- Steaming

Test spec reference: 204 – 2.1, 2.2

Total marks: 3

9

Explain the steps required when preparing and cooking a vegetable puree soup.

Answer:

1 mark for each of the following, up to 4 marks:

- Slice the vegetables to a similar size to ensure they cook within the same amount of time
- Cook in margarine with a lid on to sweat the vegetables/soften them without burning
- Add flour to soak up the fat/prevent a layer of fat developing on top of the soup
- Liquidise/strain to achieve to achieve a smooth consistency
- Return to a clean pan and boil to allow the consistency/flavour to be checked

Test spec reference: 204 – 1.1, 1.2

Total marks: 4

10

State **six** different vegetable groups, giving an example vegetable for each.

Answer:

1 mark for each of the following, up to 6 marks:

- Tubers (e.g. potatoes)

<ul style="list-style-type: none"> • Roots (e.g. carrots, parsnips) • Bulbs (e.g. onions, garlic) • Flowers (e.g. cauliflower, broccoli) • Leaves (e.g. cabbage, lettuce) • Legumes (e.g. peas, beans) • Fruits (e.g. tomatoes, peppers) • Fungi (e.g. mushrooms) 	
Test spec reference: 204 – 5.1	Total marks: 6

11	
<p>Explain the purpose of coating a fish before deep frying.</p> <p>Answer:</p> <p>1 mark for each of the following, up to 4 marks:</p> <ul style="list-style-type: none"> • It protects the fish from breaking up • It ensures the fish remains moist • It provides a crisp outer coating/texture • It provides a golden colour/appearance 	
Test spec reference: 204 – 4.2	Total marks: 4

12	
<p>a) Describe the process of mixing ingredients for a sweet pastry.</p> <p>b) Describe two methods of finishing a large fruit flan.</p> <p>Answer:</p> <p>a) 1 mark for each of the following, up to 4 marks:</p> <ul style="list-style-type: none"> • Sieve the flour • Rub in the margarine to a sandy texture • Mix the sugar and beaten egg until dissolved • Gradually add the flour/margarine and mix to produce a smooth paste <p>b) 1 mark for each of the following, up to 2 marks:</p> <ul style="list-style-type: none"> • Glazing - evenly coating with a fruit jelly or glaze • Decorating - enhancement of dish with the addition of items such as fruits, sugars, chocolate, etc. • Portioning - cutting into equal slices to ensure portion control 	
Test spec reference: 205 – 2.2, 2.3	Total marks: 6

13	
<p>State four benefits of convenience sponge pudding over traditionally prepared sponge pudding.</p> <p>Answer:</p> <p>1 mark for each of the following, up to 4 marks:</p>	

<ul style="list-style-type: none"> • Reduced preparation time • Less waste of ingredients • Predictable cost per portion • Consistent quality of products • Reduced skill requirements 	
Test spec reference: 205 – 1.1, 1.2, 1.3	Total marks: 4

14	
Describe three different styles of food service.	
Answer:	
1 mark for each of the following styles of service, up to 3 marks:	1 mark for each of the following corresponding descriptions, up to 3 marks:
• Assisted service	• a combination of table and self service, i.e. buffet or carvery
• Counter service	• food served from a counter, with a mixture of self and assisted service
• In-situ service	• typically provided in hospital or airline catering
• Room service	• food ordered and brought to hotel room
• Single point service	• one point for ordering, payment and collection of food
• Table service (plated, family)	• customers place orders and received food at their table
Test spec reference: 207 – 1.1	Total marks: 6

15	
Explain the quality checks required during preparation and before serving loose leaf tea.	
Answer:	
1 mark for each of the following, up to 4 marks:	
<ul style="list-style-type: none"> • Correct water temperature to allow infusion (1) and avoid scalding the leaves (1) • Correct brewing time to ensure desired strength (1) • Correct measurement of tea leaves to ensure desired strength (1) • Served with correct equipment to remove tea leaves (1) • Served with accompaniments to meet customer requirements/beverage specifications (1) 	
Test spec reference: 206 – 2.1, 2.2	Total marks: 4

16
As a catering assistant at a staff canteen with counter service, you are responsible for preparing, cooking and serving a three course lunch. The menu consists of: <ul style="list-style-type: none"> • Vegetable soup • Lasagne with salad

- Apple crumble with custard

Service time will run from 12:00pm to 2:00pm.

Propose how you would maintain quality throughout preparation, cooking and service.

Answer:

Indicative content

- Adherence to relevant legislation
- Personal presentation
- Equipment checks
- Quality of ingredients
- Control of waste
- Temperature control (e.g. for storage, preparation, cooking, holding and service)
- Quality checks during cooking process
- Quality checks of finished products
- Portion control
- Quality checks of products during service
- Hygiene checks of kitchen and service areas
- Kitchen documentation

Band descriptors

Band 1 (1-5 marks)

The focus of the candidate's response is on the food, and with little or no thought given to the environment in which it is prepared, cooked and served. The response does not generally consider tools and equipment, or the impact they can have on quality. Minimal if any references to food safety, health and safety or any other relevant legal requirements. Few opportunities for quality checks have been identified throughout the response. Little or no justification has been given for the choices made. The response may be disorganised and/or ambiguous in content.

Band 2 (6-10 marks)

The candidate's response generally takes into account both the food itself and the environment in which it is prepared, cooked and served. The response includes tools and equipment requirements, and may also consider some of the impacts this can have on quality. Linkages have been made with food safety, health and safety and any other relevant legal requirements. Relevant quality checks have been identified at various points throughout the response. Some justification has been given for the choices made. The response will demonstrate reasonable organisation and structure.

Band 3 (11-15 marks)

The candidate's response clearly considers the food preparation, cooking and service processes - and the impact of the surrounding environment - in a holistic and comprehensive manner. The response incorporates resource requirements and quality checks, as well as the impacts different resources can have on quality. Food safety, health and safety and any other relevant legal requirements have been fully integrated into the response. Comprehensive quality checks have been stipulated throughout the response, with clear justification for most – if not all - choices made. The response will be presented in an organised and structured format.

Test spec reference: 201-207

Total marks: 15