

D11
D21

**KOLEJ YAYASAN PELAJARAN JOHOR
FINAL EXAMINATION**

SUBJECT	:	THEORY OF FOOD
SUBJECT CODE	:	DCA 1033
DATE	:	15 OCTOBER 2015
DURATION	:	9.00 AM - 12.00 AM (3 HOURS)

INSTRUCTIONS TO CANDIDATES

1. This question paper consists of **FOUR (4)** sections:
Section A (20 Marks)
Section B (20 Marks)
Section C (30 Marks)
Section D (30 Marks)
2. Answer **ALL** questions from all parts.
3. Candidate is not allowed to bring any material into the examination room **EXCEPT** with the permission from the invigilator.
4. Please check to make sure that this examination pack consists of:
 - i. Question Paper
 - ii. Answer Booklet
 - iii. OMR Form

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO

This examination paper consists of 10 printed pages including front page.

PART A (Total: 20 marks)**MULTIPLE CHOICE QUESTIONS****INSTRUCTION: Answer ALL Questions****Please use the OMR sheet provided**

1. Cooking method where the food is cooked in a liquid which is hot but little or no liquid movement. This statement describes _____ method.
Kaedah memasak dimana makanan dimasak dalam cecair yang sedikit panas. Kenyataan ini menerangkan tentang kaedah _____.
 - A. Steaming
 - B. Boiling
 - C. Poaching
 - D. Blanching

2. Moist heat consists of several methods. One of the method is _____.
Haba lembab terdiri oleh beberapa kaedah. Salah satu kaedanya adalah _____.
 - A. Braising
 - B. Grilling
 - C. Roasting
 - D. Shallow

3. The definition of braising is _____.
Definisi merebus ialah _____.
 - A. Cook food in cover container with a quantity of liquid usually after preliminary browning
 - B. Cook food partially or very briefly in water
 - C. Cook in a liquid that is bubbling gently
 - D. Cooking small quantity of food is cooked in a small amount of very hot oil.

4. Vegetables cut into fine strips with the measurement of 3 mm X 3 mm X 6 cm.
Potongan sayur jalur halus dengan ukuran 3mm X 3 mm X 6 cm
 - A. Batonnet
 - B. Paysanne
 - C. Julienne
 - D. Vichy

5. Below are the indicator when purchase vegetables EXCEPT _____.
Berikut adalah petunjuk untuk membeli sayur-sayuran KECUALI _____.
 - A. Clean , no soil
 - B. Good color
 - C. Not packaging in good condition
 - D. No Blemishes

6. When cook _____, it must be cooked in shortest time possible to avoid the heat destroys the vitamins.
Apabila memasak _____, ia hendaklah dimasak dalam masa yang singkat untuk mengelakkan haba memusnahkan vitamin.
- A. Vegetables
 - B. Rice
 - C. Fruit
 - D. Pasta
7. Accidents in the kitchen are caused by several factors. What is the accident that caused by the sharp instruments?
Kemalangan di dalam dapur disebabkan oleh beberapa faktor. Kemalangan apakah yang disebabkan oleh peralatan tajam
- A. Cuts
 - B. Fire
 - C. Falls
 - D. Burn
8. The examples of action that can be taken in order to prevent fires or burn accident from happen are _____.
Contoh tindakan yang boleh diambil untuk mengelakkan kebakaran daripada berlaku ialah _____.
- A. Wet mitts should be used to handle of a hot pot
 - B. Used both hands to handle hot pots or containers
 - C. Sleeves should be rolled up to protect your arm
 - D. Cook wet foods into hot fat
9. There are several safety measure shall be taken in preparing food generally. For example, all perishable or leftover food should be _____ as soon as possible.
Terdapat beberapa keselamatan yang perlu diambil dalam menyediakan makanan. Contoh, kesemua makanana mudah rosak dan terbunag hendaklah di _____ secepat mungkin
- A. Washed
 - B. Refrigerated
 - C. Packed
 - D. Cooked
10. Which of the following the RIGHT way in tasting the food ?
Yang manakah diantara berikut cara yang BETUL untuk rasa makanan
- A. Taste with the same spoon repeatedly
 - B. Used a clean spoon for each tasting
 - C. Used finger to taste the food
 - D. All of the above

11. The example of Appetizer salad is _____.

Contoh "appetizer salad" adalah _____.

- A. Waldorf salad
- B. Coleslaw
- C. Potato Salad
- D. Chef salad

12. Which one of the following describes main course salad?

Yang manakah diantara berikut menerangkan tentang "main course salad"

- A. Should be large enough to serve as a full meal and should contain a substantial portion of protein.
- B. Often serve as the first course
- C. Usually sweet
- D. Must be light and flavorful , but not too rich

13. Salad that using heavy dressing, like mayonnaise which used to hold vegetables together is call _____.

Salad yang menggunakan "dressing" yang berat seperti mayonis dimana ia digunakan untuk menyatukan sayur-sayuran dikenali sebagai _____.

- A. Bound salad
- B. Garnish
- C. Dressing
- D. Base

14. Example of dessert salad is _____.

Contoh "dessertsalad" ialah _____.

- A. Waldorf salad
- B. Chef salad
- C. Fruit salad
- D. Green salad

15. _____ is the process of sugar turning brown through heat being applied.

_____ ialah proses gula berubah menjadi keperang-perangan melalui haba

- A. Coagulated
- B. Roasted
- C. Caramelization
- D. Gelatinization

16. _____ is the process in which starch thickens by absorbing liquid in the presence heat.
_____ ialah proses dimana kanji memekat melalui menyerapan cecair dalam kehadiran haba
- A. Coagulated
 - B. Roasted
 - C. Caramelization
 - D. Gelatinization
17. Fiber is the name for a group of complex substances that give structure and firmness to plants. Fiber cannot be _____.
Serat ialah nama untuk kumpulan kompleks yang memberikan struktur kepada tumbuh-tumbuhan.
- A. Cooked
 - B. Boiled
 - C. Heated
 - D. Digested
18. Fats also called as a flavor carrier because _____.
Lemak juga dipanggil sebagai membawa rasa kerana _____.
- A. When fats are heated, they begin to break down
 - B. It easily melting when heated
 - C. Many flavor compound dissolve in fats
 - D. All of the above
19. Water can also turn to steam at the lower temperature. This process is called _____.
Air juga boleh berubah kepada wap pada suhu yang rendah. Proses ini dipanggil _____.
- A. Boiling
 - B. evaporation
 - C. Poaching
 - D. Sautee
20. All the following are refer to the the Golden Rules in the kitchen EXCEPT _____
Kesemua kenyataan dibawah merujuk kepada "Golden Rules" dalam dapur KECUALI _____.
- A. Run to ensure the operation run smoothly
 - B. Pick up the dropped things immediately
 - C. Focus
 - D. If you spill it, wipe

PART B (Total : 20 marks)**INSTRUCTION: Answer ALL Questions****Please use the answer booklet provided****Fill in the blanks***Isikan tempat kosong*

Mashed potatoes	Hair neat	Low	Size	Preheat
High	Moist Heat	Basil	Duches potato	Mireoix
Nutmeg	Smoke point	Shallow frying	Jacket Potato	Carbohydrate
Oven	Vitamins	Connective tissue	Contact	Barding
Scarf	Thyme	Mineral	Deep frying	Larding

- Conduction occur when heat transferred from the heat source to another object by _____.
Pengaliran berlaku kerana haba dipindahkan dari sumber haba ke objek yang lain melalui _____.
- _____ Heat is conducted to the food product by water or steam.
_____ haba adalah dikendalikan kepada makanan melalui air atau wap
- _____ means to cook food in a moderate amount of fat or oil.
_____ bermaksud memasak makanan dalam kuantiti lemak atau minyak yang sederhana
- Frying in too _____ temperature will lead to over cooked, fat breakdown and off flavors.
Menggoreng dalam suhu terlalu _____ akan menyebabkan terlebih masak, lemak pecah dan hilang rasa .
- One of the principles when using saute method is _____ the pan first.
Salah satu prinsip apabila menggunakan kaedah "sauté" ialah _____ kualiti terlebih dahulu
- One of the methods of roasting food is _____ roasting.
Salah satu kaedah memanggang ialah _____ pemangangan
- The temperature at which an item should be roasted is related to the _____ of the food item.
Suhu dimana item harus dipanggang adalah berkaitan dengan _____ item makanan.
- Potatoes content little of fat, but are full of _____.
Kentang mengandungi sedikit lemak, tetapi penuh dengan _____.
- Seasoned potatoes with salt, wrapped aluminum foil and baked potatoes is known as a _____.
Kentang yang diperisakan dengan garam, dibalut dan dibakar dikenali sebagai _____.

10. _____ is a mashed potatoes mixed with butter and seasoning, bound with egg yolk. The mixture is placed in a pastry bag and force in a round shape.
_____ ialah kentang lenyek dicampur dengan majerin dan diperisakan, disatukan oleh kuning telur. Campuran itu diletakkan didalam beg pastri dan dibuat dalam bentuk bulat.
11. _____ is a strong and pungent herb that usually used in the preparation of soup, sauce and salad
_____ ialah satu herba yang kuat dan pedas yang selalunya digunakan dalam persiapan sup, sos dan salad.
12. _____ is a cut roughly onion, celery and carrot.
_____ adalah potongan secara rawak untuk bawang dan lobak.
13. Vegetables must be cut before cooking because exposure to air and light destroy some _____.
Sayur hendaklah di potong sebelum memasak kerana pendedahan kepada udara dan cahaya menghapuskan sedikit _____.
14. The _____ is the dried seed of the fruit of an evergreen tree.
_____ ialah benih kering daripada buah pokok malar hijau.
15. _____ involves covering the surface of the roast with slice bacon fats. This is to prevent the flesh drying out during the cooking.
_____ melibatkan meliputi permukaan panggang dengan kepingan lemak "bacon". Ini adalah untuk mengelakkan daging menjadi kering ketika memasak.
16. The _____ ensure that hair is kept off the face and away from food machinery.
_____ memastikan rambut tidak menutupi muka dan tidak mengganggu semasa pengendalian mesin pemprosesan makanan
17. The temperature at which a cooking fat or oil begins to breakdown to glycerol and free fatty acids is called _____.
Suhu yang dicatat apabila lemak atau minyak mula terlerai kepada "glycerol" dan "free fatty acids" dipanggil _____.
18. It is special protein that is present in meat. _____
la merupakan sejenis protein yang hadir di dalam daging. _____
19. _____ help to absorb perspiration and can act as a pressure pad on cuts.
_____ membantu menyerap peluh dan boleh digunakan sebagai pembalut luka.
20. The process of cook food submerged in a hot fat at the temperature of 175°C - 190°C is called _____.
Proses memasak makanan di dalam minyak yang penuh pada suhu 175°C - 190°C dipanggil _____.

PART C [Total: 30 marks]

INSTRUCTION: Answer ALL questions. This section consists of SIX (6) questions.

ARAHAN: Jawab SEMUA soalan. Bahagian ini mengandungi 6 soalan)

Please use the answer booklet provided

Sila gunakan buku jawapan yang telah disediakan

QUESTION 1

Complete types of vegetables cuts below based on the description given

(Lengkapkan jenis potongan sayuran di bawah berdasarkan penerangan yang telah diberikan)

Types of vegetables cuts	Description
(a)	3mm X 3mm X 6cm , fine strips
(b)	2 inch X cut into a small flower head
(c)	Shredded leaf vegetables
(d)	3mm X 3mm X 3mm , fine dice
(e)	12mm X 12mm X 3mm , thin square shape

[5 marks]

QUESTION 2

Meat made up of muscle of tissue, bone (sometime), fat and connective tissue. List down **FIVE (5)** other elements that contains in muscle tissue

*Daging terdiri daripada otot tisu , tulang, lemak dan tisu penyambung. Senaraikan **LIMA (5)** elemen lain yang terdapat dalam otot tisu*

[5 marks]

QUESTION 3

Name **FIVE (5)** examples of food that can be cooked using shallow frying method

*Namakan **LIMA (5)** contoh makanan yang boleh dimasak menggunakan kaedah "shallow frying"*

[5 marks]

QUESTION 4

Identify **FIVE (5)** elements that can be used to thicken the sauce.

Kenal pasti LIMA (5) elemen yang boleh digunakan untuk memekatkan sos

[5 marks]

QUESTION 5

Identify **FIVE (5)** basic sauces with the examples.

Kenal pasti LIMA (5) asas sos bersama contohnya.

[5 marks]

QUESTION 6

Recognise **FIVE (5)** checklist of fish freshness.

(Kenalpasti LIMA (5) senarai semak kesegaran ikan)

[5 marks]

PART D [Total: 30 marks]

INSTRUCTION: Answer ALL questions. This section consists of THREE (3) questions.

ARAHAN: Jawab SEMUA soalan. Bahagian ini mengandungi TIGA (3) soalan

Please use the answer booklet provided

Sila gunakan buku jawapan yang telah disediakan

QUESTION 1

Salad is one of the course that consist of selected green leafy vegetables which eaten raw with some selected dressing. Discuss **FIVE (5)** classification of salad.

*Salad ialah sejenis menu yang terdiri daripada sayuran hijau yang berdaun dimana ia dimakan mentah bersama "dressing". Bincangkan **LIMA(5)** pengelasan salad.*

[10 marks]

QUESTION 2

Identify and explain **FIVE(5)** cuts of fish.

*Kenal pasti dan terangkan **LIMA (5)** potongan ikan.*

[10 marks]

QUESTION 3

Eggs are highly nutritious that contain everything needed of human body and had been part of human diet for thousand years. Discuss **FIVE (5)** functions of egg in cooking.

*Telur adalah berkhasiat tinggi yang mengandungi kesemua yang diperlukan oleh badan manusia dan telah menjadi sebahagian daripada diet manusia untuk beribu tahun. Bincangkan **LIMA (5)** fungsi telur dalam masakan*

[10 marks]

END OF QUESTION PAPER

