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**KOLEJ YAYASAN PELAJARAN JOHOR  
ONLINE FINAL EXAMINATION**

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**COURSE NAME : THEORY OF FOOD**  
**COURSE CODE : DCA1033**  
**EXAMINATION : DEC 2021**  
**DURATION : 3 HOURS**

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**INSTRUCTION TO CANDIDATES**

1. This question paper consists of **THREE (3)** parts :  
PART A (20 Marks)  
PART B (50 Marks)  
PART C (30 Marks)
2. Please refer to the detailed instructions in this question paper.
3. Answer ALL questions in the answer sheet which is A4 size paper  
(Or other paper with the consent of the relevant lecturer).
3. Write your details as follows in the upper left corner for each answer sheet:
  - i. Student Full Name
  - ii. Identification Card (I/C) No.
  - iii. Class Section
  - iv. Course Code
  - v. Course Name
  - vi. Lecturer Name
4. Each answer sheet must have a page number written at the bottom right corner.
5. Answers should be **neat and clear in handwritten form**.

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

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*This examination paper consists of 12 printed pages including front page*

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**PART A**

This part consists of **TWENTY(20)** questions.

Answer ALL questions in the Answer Sheet.

- Essential task when working in the kitchen.
- The physical removal of visible soil and food from the surface.
- Kitchen worker has to make sure the kitchen must be maintained clean thoroughly during and after working.

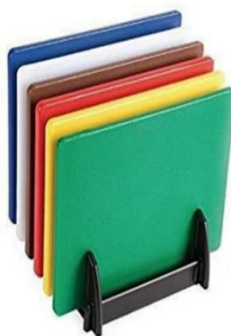
**Figure 1.0**

1. Which of the following illustrates **Figure 1.0**?

- A Rinsing.
- B Washing.
- C Cleaning.
- D Sanitizing.

2. The best method to defrost nuggets, frozen vegetables, frozen pastry and bakery using the defrosting method \_\_\_\_\_.

- A in the microwave.
- B in the refrigerator.
- C in the cooking process.
- D under cold running water.



**Picture 1.0**

3. Chopping boards is the best way to use colour-coding chopping boards for different food items. Based to **Picture 1.0**, blue colour is suitable for\_\_\_\_\_.

- A cheese.
- B raw fish.
- C raw poultry.
- D vegetables.

4. Dishwashing processes are important to clean up all sustain on dishes and utensils. Name the third step in sink dishwashing process.

- A Rinsing.
- B Washing.
- C Scraping.
- D Sanitizing.

5. As kitchen workers, we need to practice personal hygiene. Which of the following shows bad personal appearance in the kitchen?



6. Which of the following is the best way to avoid accidents caused by burns?

- A Dripping wet foods into hot fat.
- B Stand to the side when opening steamers and ovens.
- C Hot pots or containers shall be handled by one hand.
- D Handles of pans should protrude over the edge of the stove.

7. What is the major contribution of food-borne illness?

- A High acid foods.
- B Improper sanitation.
- C Too much exposure to air.
- D Excessive use of salt and other spices.

8. Food preparation is a crucial stage in the kitchen. Which are the best rules to monitor in food preparation?
- i. All perishable foods should be refrigerated as soon as possible.
  - ii. Do not taste food with the same spoon repeatedly. Use finger to taste food.
  - iii. In the refrigerator, the foods shall be stored in covered or sealed container.
  - iv. Fruits, vegetables, soiled eggs, meats, poultry and fish should be washed before use in food preparation.
- A** i, ii, and iii.  
**B** i, ii and iv.  
**C** i, iii and iv.  
**D** i, ii, iii and iv.
9. While sneezing, we should \_\_\_\_\_.
- A** cover our mouth  
**B** not cover our nose  
**C** sneeze to the other sides  
**D** cover our nose with tissue or handkerchief
10. What is the most common bacteria present in fresh shell eggs?
- A** *Salmonella*.  
**B** *Clostridium botulinum*.  
**C** *Clostridium perfringens*.  
**D** *Staphylococcus aureus*.
11. When flour is mixed with a liquid and heated, as in sauce, the mixture will thicken. This is called \_\_\_\_\_.
- A** *roux*  
**B** viscosity  
**C** thickening  
**D** gelatinization

12. A nutrient that is the major structural part of the body's cells and is found in large quantities in animal foods. That statement refers to\_\_\_\_\_.
- A water
  - B protein
  - C carbohydrate
  - D vitamin and mineral
13. When denatured proteins coagulate, they \_\_\_\_\_.
- A trap and let water in pockets
  - B change the colour of the food
  - C join together and trap air in pockets
  - D change the appearance and texture of food
14. What caused food to brown in the presence of glucose?
- A Coagulation.
  - B Denaturation.
  - C Gelatinization.
  - D Caramelization.
15. Based to the **Picture 2.0**, which nutrient shows the sources of food?



**Picture 2.0**

- A Water.
- B Protein.
- C Carbohydrate.
- D Vitamin and mineral.

16. What is *sautéing*?

- A Cooking food by hot air in an oven.
- B Food cooked in an ungreased skillet.
- C Cooking food quickly in a hot pan with little fat.
- D Food is completely covered in oil or fat to be cooked.

- This method is used in cooking an item tightly wrapped or in a covered pan so it cooks in the steam formed by its own moisture.
- “Wrapped in parchment paper” (or foil).

**Figure 2.0**

17. Which of the cooking technique refers the statement in **Figure 2.0**?

- A *Sautéing*.
- B Steaming.
- C Deglazing.
- D *En papillote*.

18. Which heat transfers via waves from the sources of food and only affects water molecules?

- A Infrared.
- B Microwave.
- C Convection.
- D Conduction.

19. What is the cooking method used in exposing food to hot and dry air in an oven?

- A Poach.
- B Pan Fry.
- C Roasting.
- D Simmering.

20. Name the method of cooking at **Picture 3.0**.



**Picture 3.0**

- A Boiling.
- B Poaching.
- C Blanching.
- D Simmering.

**[20 MARKS]**

**PART B**

This part consists of **TEN(10)** questions.

Answer ALL questions in the Answer Sheets.

**QUESTION 1**

- a. Define personal hygiene.  
(1 mark)
  
- b. Give **three (3)** rules for defrosting frozen food using refrigerator.  
(3 marks)
  
- c. Find a way to remove the grease at counters, range and oven.  
(1 mark)

**QUESTION 2**

- a. Define the caramelization.  
(1 mark)
  
- b. List **two (2)** ingredients used to speed up the coagulation of protein.  
(2 marks)
  
- c. Give **two (2)** examples of the gelatinization process in food production.  
(2 marks)

**QUESTION 3**

- a. Find cooking techniques that cook an item partially and briefly, usually in water but sometimes by other methods in deep fat.  
(1 mark)
  
- b. Differentiate between baking and roasting in a dry-heat method.  
(2 marks)
  
- c. Give **two (2)** examples cooking using fat in dry-heat methods.  
(2 marks)



**QUESTION 4**

- a. Differentiate the red *mirepoix* and white *mirepoix*.  
(2 marks)
- b. List **two (2)** required seasonings and spices for the preparation of stock.  
(2 marks)
- c. Define the word *court bouillon*.  
(1 mark)

**QUESTION 5**

- a. State **one (1)** type of soup that is considered as thick soup.  
(1 mark)
- b. Describe the difference between broth and *consommé*.  
(2 marks)
- c. Give **two (2)** examples of specialty soups in Malaysia.  
(2 marks)

**QUESTION 6**

- a. Define cream *liaison*.  
(1 mark)
- b. Complete the diagram with the right answers.

Liquid	Thickening agent	Mother sauces
White stock	i.	<i>Veloute</i>
Brown stock	Brown stock	ii.
Milk	White <i>roux</i>	iii.
iv.	Egg yolk	<i>Hollandaise</i>

(2 marks)

- c. Discover **two (2)** functions of sauces.  
(2 marks)

## QUESTION 7

- a. Name the technique used in the **Picture 4.0**.



**Picture 4.0**

(1 mark)

- b. Discover **two (2)** methods to determine the doneness of cook smaller birds.

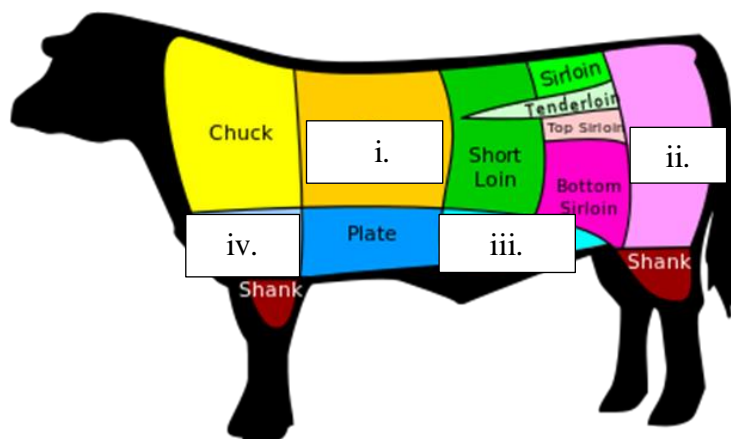
(2 marks)

- c. Give an example of **two (2)** market types of poultry.

(2 marks)

## QUESTION 8

- a. Identify the part of beef cutting in **Picture 5.0**.



**Picture 5.0**

(2 marks)

- b. Explain the doneness of meat using dry heat and moist heat cooking methods.

(2 marks)

- c. Find the problem why the beef tenderloin is extremely tough and chewy especially for roasts, *sautés*, and grills.

(1 mark)

### QUESTION 9

- a. Based to the **Picture 6.0**, identify the market form of fish.



**Picture 6.0**

(1 mark)

- b. Give **two (2)** types cuts of fish.

(2 marks)

- c. List **two (2)** examples of flat fish.

(2 marks)

### QUESTION 10

- a. State the difference between American and Continental breakfast.

(1 mark)

- b. Name **two (2)** types of moist heat cooking an egg.

(2 marks)

- c. List **two (2)** functions of egg in cooking.

(2 marks)

**[50 MARKS]**

**PART C**

This part consists of **FOUR(4)** questions.

Answer ALL questions in the Answer Sheet.

**QUESTION 1**

Salad served many purposes, some are simple accompaniments to the main course, others are a separate course and still others are a meal in themselves. Explain **five (5)** types classification of salad.

(10 marks)

**QUESTION 2**

Stock is traditionally the product of a pot kept constantly simmering on the hob, to keep up a continuous stock for flavour broth.

- i. Define stock (1 mark)
- ii. Identify the composition of stock. (4 marks)

**QUESTION 3**

A sauce essentially a liquid plus some sort of thickening agent along with other flavoring ingredients. Liquid in sauce making acts as a body or base to the sauce. The most frequently used sauces are based on stock. Recognize **five (5)** types of liquid used in sauce making.

(5 marks)

**QUESTION 4**

When shopping for red meat, most of us look for the nice, bright-red looking piece of meat on the shelf.

- i. Describe **four (4)** characteristics on buying the meat. (4 marks)
- ii. Explain **two (2)** different ways in aging the meat. (6 marks)

**[30 MARKS]**

**[TOTAL MARKS: 100 MARKS]**

**END OF QUESTION PAPER**