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FINAL EXAMINATION**

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**COURSE NAME : THEORY OF FOOD**  
**COURSE CODE : DCA1033**  
**EXAMINATION : OCTOBER 2018**  
**DURATION : 3 HOURS**

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**INSTRUCTION TO CANDIDATES**

1. This examination paper consists of **FOUR (4)** :  
PART A (25 Marks)  
PART B (25 Marks)  
PART C (30 Marks)  
PART D (20 Marks)
2. Candidates are not allowed to bring any material to examination room except with the permission from the invigilator.
3. Please check to make sure that this examination pack consist of:
  - i. Question Paper
  - ii. Objective Answer Paper
  - iii. Answer Booklet

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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****MULTIPLE CHOICE QUESTIONS**

This part contains of **TWENTY-FIVE (25)** questions.

Answer ALL in Objective Answer Paper.

1. What is a Latin word of sanitation which brings the meaning to sound healthy or clean and whole?
  - A Saint
  - B Santa
  - C Sanus
  - D Sanitary
  
2. Which of the following is the most suitable prevention of cut?
  - A Never try to catch a falling knife.
  - B Always used apron in the kitchen
  - C Be aware when using chopping board.
  - D Not stand near with the person who handling knife
  
3. What is the purpose wearing shoe made from pvc?
  - A To have standardization in kitchen
  - B To maintain a good looking as a chef
  - C To prevent from slipping in the kitchen
  - D To protect leg and toe from being unclean
  
4. All the following are examples of natural reaction in cooking process **EXCEPT**:
  - A Coagulation
  - B Gelatinization
  - C Caramelisation
  - D Pigment & flavor

5. This process turning brown the colour of sugar when exposed to heat:
- A Radiation
  - B Coagulation
  - C Gelatinization
  - D Caramelization
6. The heat that moves directly from one item to something touching it is called:
- A Radiation
  - B Conduction
  - C Convection
  - D Gelatinization
7. The best method for deep frying is to:
- A Deep frying food until tender
  - B Deep the food in a hot water
  - C Use spatula for handling food
  - D Rest the ingredient before put into fat
8. Below are the variation of potato shape, **EXCEPT**:
- A Straw
  - B Florets
  - C Matchstick
  - D French fries
9. Vegetable cut into fine strips with the measurement of (3 mm X 3 mm X 6 cm) refer to:
- A Julienne
  - B Brunoises
  - C Batonnet
  - D Chiffonade

10. which is the best describe about salad component:

- A Body, base and dressing
- B Base, body, garnish and dressing
- C Body, garnish, appearance and texture
- D Underline, garnish, dressing and appearance

11. Which of the following **TRUE** about dessert salad?

- A Fresh
- B Crisp
- C Tangy
- D Sweet

12. What is a stock?

- A A culinary process of extracting season from various herbs items using liquid as a base.
- B The culinary process of extracting flavor from various bones items using liquid as a base.
- C The culinary process of extracting flavour from various food items using roux as a base.
- D The culinary process of extracting flavour from various food items using spices as a base.

13. Which of the following is used in making stock?

- A Poultry
- B White stock
- C Hollandaise
- D Nourishing element

14. Thickened soups made from shellfish. They are usually prepared like cream soup and finished with cream known as:

- A Puree
- B Bisque
- C Vegetable soup
- D Broth and bouillon

15. Below are the example of nationality soups **EXCEPT**::

- A Borsht soup
- B Potage soup
- C Gazpacho soup
- D Tom Yam soup

16. A leading sauces are made from clarified butter and egg yolk is called:

- A Béchamel
- B Hollandaise
- C Brown sauces
- D Tomato sauces

17. The major sauce are made from 3 kind of ingredient:

- A Thickening agent, roux and stock
- B Basic sauce, liquid and flavouring ingredient
- C Mother sauce, brown stock and béchamel sauce
- D Thickening agent, liquid and flavouring ingredient

18. The best way to store frozen poultry is:

- A Store at -18°C or lower
- B Store at 37°C or lower
- C Store together with meat item in chillier
- D Store frozen poultry in chillier for 1 month

19. A process of holding meat in coolers, under controlled conditions to provide time for a natural tenderizing process known as:

- A Aging
- B Barding
- C Flaking
- D Larding

20. A cut from boneless of short loin and sirloin known as:

- A Round
- B Shank
- C Brisket
- D Tenderloin

21. Which of the followings is a red flesh meat?

- A Pork
- B Veal
- C Mutton
- D Red snapper

22. Which of the following is classifying as freshwater fish?

- A Catfish
- B Halibut
- C Flounder
- D Grouper

23. Snapper and mackerel are example of:

- A Flat fish
- B Fresh fish
- C Round fish
- D Sardine fish

24. Eggs is categories of:

- A Perishable item
- B Dry ingredient
- C Non-perishable item
- D Convenience item

25. The composition of an egg are:

- A Water 80%; albumin 10%; fat 5%; mineral salt 5%
- B Water 60%; albumin 10%; fat 11%; mineral salt 9%
- C Water 74%; albumin 12%; fat 11%; mineral salt 1%
- D Water 70%; albumin 20%;fat 5%; mineral salt 4%

[25 MARKS]



**PART B****FILL IN THE BLANK**

This part contains of **TWENTY-FIVE (25)** questions.

Answer All questions in Answer Booklet.

Fillet	Spill	Water	Larding	Fatigue
Smoke point	Consistency	Beurre manie	Nationality	Whole fish
Running	Trussing	Leading	Deep fry	Thickening agent
Sachet d'epices	Green meat	Connective tissue	Liaison	Continental breakfast
Coleslaw	Topping	Butter	Main course	Gelatinization
Blacken	Coagulation	Blanching	Coriander	Supreme

- \_\_\_\_\_ in the kitchen is the major contribution to fall and lead to the accident.
- Clothing covers all part of body to protect from burn and \_\_\_\_\_
- Accident are cause by several factors. Emotion such as anger, \_\_\_\_\_ and over confidence can lead to accident.
- Food are composed of fat, protein, vitamin, carbohydrates, pigment and \_\_\_\_\_.
- \_\_\_\_\_ occurs when starches absorb water and swell. This is the major principle for production of breads and pastries.
- \_\_\_\_\_ will begin when fats are heated and hot enough to break down.
- \_\_\_\_\_ is a cooking method where the food is cooked by total immersed in hot fat or oil.
- A bunch of spices consist of thyme, bay leaf, parsley stalk and white peppercorn tied in muslin cloth known as \_\_\_\_\_
- Banana fruit should never be stored in lower temperature because it will \_\_\_\_\_ the skin.

10. \_\_\_\_\_ is usually served with the main course and they serve the same function as other side dishes.
11. Should be large enough to serve as a full meal and should contain a substantial portion of protein \_\_\_\_\_ salad.
12. \_\_\_\_\_ can never be added directly to hot liquid because it will scramble the egg yolk.
13. A roux is the most popular thickening agent. It is composed of equal weight of flour and \_\_\_\_\_ to mix and cooked together.
14. French onion soup is an example of \_\_\_\_\_ soups.
15. \_\_\_\_\_ should be place on top just before service, so they won't sink and lose their appearance.
16. Good sauce must have smooth texture, flavor and \_\_\_\_\_ that complement the food it accompanies.
17. Basic sauces also known as mother sauces or \_\_\_\_\_ sauces.
18. The tenderness of a piece of poultry is related to \_\_\_\_\_
19. Tying poultry into compact shape so that when roasting it will cook evenly and retain moisture is the process of \_\_\_\_\_
20. \_\_\_\_\_ is a meat that has not had enough time to soften after killed.
21. \_\_\_\_\_ is inserting strip of fat with a larding needle into meats that low in marbling.
22. A boneless piece of fish, removed from either side of the backbone is called \_\_\_\_\_
23. \_\_\_\_\_ is the fish as it was caught, completely intact.
24. Implies a simple breakfast like those serve in Europe continent and serve extensively worldwide is one type of breakfast known as \_\_\_\_\_
25. Egg also used as a \_\_\_\_\_ in the usage of liaison which consist of egg yolk and cream.

[25 MARKS]

**PART C**

This part contains of **TWELVE (12)** questions.

Answer ALL questions in Answer Booklet.

**QUESTION 1**

Explain **two (2)** personal appearances that must be practices by a kitchen worker.

[2 MARKS]

**QUESTION 2**

Explain **three (3)** basic techniques for shallow frying.

[3 MARKS]

**QUESTION 3**

State **four (4)** varieties of herbs or spices that always use in the kitchen.

[2 MARKS]

**QUESTION 4**

Explain **four (4)** component of salad that must be consider when plating salad.

[4 MARKS]

**QUESTION 5**

Briefly explain **four (4)** composition of stock.

[4 MARKS]

**QUESTION 6**

State **three (3)** categories of soup with example.

[3 MARKS]

**QUESTION 7**

State **four (4)** good qualities of sauce?

[2 MARKS]

**QUESTION 8**

List down **two (2)** structure of sauces.

[2 MARKS]

**QUESTION 9**

Describe **two (2)** characteristic in determining good quality of poultry.

[2 MARKS]

**QUESTION 10**

State **four (4)** part of beef cut.

[2 MARKS]

**QUESTION 11**

Explain **two (2)** types of fish cut.

[2 MARKS]

**QUESTION 12**

List down **four (4)** name of egg product made from fried egg.

[2 MARKS]

**PART D**

This part contains of **THREE (3)** questions.

Answer ALL questions in Answer Booklet.

**QUESTION 1**

There are two (2) categories of cooking method which is "Dry heat" and "Moist heat" method. Briefly explain **four (4)** types of cooking under dry heat method.

[4 MARKS]

**QUESTION 2**

Namely **four (4)** variations of potatoes and describe the characteristic of potato based on their name.

[8 MARKS]

**QUESTION 3**

Briefly explain the **four (4)** composition of egg.

[8 MARKS]

END OF QUESTION PAPER

