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FINAL EXAMINATION**

COURSE NAME : THEORY OF FOOD
COURSE CODE : DCA1033
EXAMINATION : OCTOBER 2019
DURATION : 3 HOURS

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 consists of:
 - i. Question Paper
 - ii. Objective Answer Paper
 - iii. Answer Booklet

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*This examination paper consists of **14** printed pages including front page*



PART A

This part contains **TWENTY (25)** questions.

Answer ALL in Objective Answer Paper

1. The word _____ is derived from a latin word "*Sanus*", meaning sound and healthy or clean and whole.
 - A sanity
 - B sanious
 - C sanitation
 - D sanatoriom

2. Most cases of illness in the kitchen are caused by _____.
 - A improper recipes
 - B improper attitude
 - C improper procedures
 - D improper sanitation

3. The example protein in foods are _____.
 - A meats and breads
 - B flour and potatoes
 - C chicken and meat
 - D fish and vegetables

4. "The food is cooked in a liquid that is bubbling gently at a temperature 85 °C to 96 °C". This method of cooking is called _____.
 - A baking
 - B braising
 - C simmering
 - D deep frying

5. Boiling means to cook in a liquid that is bubbling greatly and the temperature is _____.
- A 100°C
 - B -100°C
 - C 71°C to 82°C
 - D 95°C to 100°C
6. The carrot that is cut into oval shaped is called _____.
- A turnip
 - B vichy
 - C mirepoix
 - D turned carrot
7. The type of spice that is available in stick and powder is _____.
- A bay leaf
 - B cinnamon
 - C white pepper
 - D black pepper
8. The potato that is cut into very thin slice is called _____.
- A potato chip
 - B baked potato
 - C turned potato
 - D mashed potato
9. The French word "*salar*" means _____.
- A salt
 - B salad
 - C sauces
 - D savoury

10. The salad that is often served as the appetizer is _____.
- A sweet salad
 - B dessert salad
 - C appetizer salad
 - D main course salad
11. The example of temporary emulsion in salad dressing is _____.
- A *Mayonnaise*
 - B *Tartar sauce*
 - C *French dressing*
 - D *1000 island dressing*
12. The most important ingredients in making stock is _____.
- A bones
 - B *mirepoix*
 - C tomato paste
 - D *sachet d'epices*
13. When making stock, the water must be _____.
- A boil
 - B steam
 - C poach
 - D simmer
14. The glace that is made from brown stock is called _____.
- A *Glace de viande*
 - B *Glace de volaille*
 - C *Glace de poisson*
 - D *Glace de la creme*

- 15.A _____ can be describe as a primarily liquid food, generally served warm or hot.
- A stock
 - B soup
 - C steak
 - D dressing
- 16.The example of soup that is **not** a Nationality soup is _____.
- A Tomyam
 - B Oxtail soup
 - C Lobster *bisque*
 - D French onion soup
- 17.“It is a flavourful liquid, usually thickened, used to season, flavour and enhance other foods”. This statement refers to _____.
- A *roux*
 - B soup
 - C sauce
 - D ketchup
- 18.The cooked mixture of equal parts of fat and flour is called _____.
- A *roux*
 - B sauce
 - C sweets
 - D *beurre manié*
- 19.The domesticated birds kept by human for eggs and meat is _____.
- A poultry
 - B pheasant
 - C wild game
 - D exotic animals

20. The more connective tissue in a chicken, it means _____.
- A the chicken is easy to chew
 - B the chicken is softer to chew
 - C the chicken is tougher to chew
 - D the chicken is sweeter to chew
21. We must always cook the chicken _____ in order to eliminate harmful bacteria.
- A well done
 - B medium rare
 - C medium done
 - D medium cooked
22. Light meat in the chicken includes _____.
- A wings and neck
 - B breast and thigh
 - C breast and wings
 - D breast and drumstick
23. Green meat means _____.
- A the colour of the meat is green
 - B the meat is flavourful and tough
 - C the meat is full of flavour and soft
 - D the meat is lack of flavour and tough
24. When fish is cooked, the flesh breaks apart. This is called _____.
- A faking
 - B filling
 - C flaking
 - D filleting

25. The first meal eaten in the morning is _____.

- A lunch
- B dinner
- C brunch
- D breakfast

[25 MARKS]

PART B

This part contains of **TWENTY (25)** question.

Answer ALL questions in Answering Booklet.

<i>espagnole</i>	fat	larding	Saltwater fish	<i>Goujons</i>
sunny side up	fillet	exercise	Continental breakfast	processed fish
Nationality soup	Chicken bones	Thick soup	<i>Glace de volaille</i>	sauce
microwave	mirepoix	Dessert salad	<i>fume</i>	Tossed salad
onion pique	bake	broiling	carbohydrates	kitchen hat
boiling	roast	Carbohydrates	scramble	glaze

1. One of the ways to thaw food safely is by using _____.
2. To ensure our hair is kept off from food and face, we must wear _____ when preparing food.
3. Sugar, starch and fibre are the example of food that is rich in _____.
4. The method of cooking by using radiant heat from above is called _____.
5. To roast and to _____ means to cook foods by surrounding them with hot dry air, usually in the oven.
6. Studded onion with cloves and bay leaf is called _____.
7. The roughly cut of carrot, celery, onion and leek is _____.
8. The name of the salad that usually sweet and serve at the last course is _____.

9. It is a salad that we prepare by using vegetables, garnishes and dressing that are mixed in a large bowl. This method is called _____.
10. Another name for the flavourful fish stock is _____.
11. Chicken stock is made from _____.
12. Glaze that is made from chicken stock is _____.
13. The soup that is native to a particular countries or regions is _____.
14. The soup that thickened using thickening agents such as roux or by pureeing certain starches is _____.
15. The flavourful liquid, usually thickened, that use to season, flavour and enhance other foods, is _____.
16. Another name for brown sauce is _____.
17. The muscle tissues in poultry are composed of water, protein, carbohydrate and _____.
18. The technique that adding another fat on the surface of the chicken or meat to moist them is called _____.
19. Meat high in connective tissue is tough. The reason it is tough because of the age and _____.

20. Fish can be divided into freshwater fish and _____.
21. The flesh of the fish that has been removed completely from the skeletal structure (bones) is called _____.
22. "It is a small strip cut from a fillet of a fish, often breaded or dipped in batter." This statement refers to _____.
23. The fish that can be processed into frozen or breaded precooked fish is called _____.
24. The type of breakfast that implies a light breakfast and usually served in Europe is _____.
25. Fried eggs that cooked slowly in a pan without flipping is called _____.

[25 MARKS]

PART C

This part contains of **SIX (6)** questions. Answer ALL questions.

Answer the questions in Answering Booklet.

QUESTION 1

Identify **five (5)** types of nutrients available in food.

(5 marks)

QUESTION 2

There are **two (2)** types of cooking methods; that is "Moist-heat" and "Dry-heat" methods.

a. Explain in details the meaning of "Moist-heat" methods.

(2 marks)

b. Explain in details the meaning of "Dry-heat" methods.

(2 marks)

c. Give **one (1)** example of food suitable for roasting.

(1 marks)

QUESTION 3

Eating salad is an excellent ways to ensure an adequate intake of fruits and vegetables with enough nutrients.

a. Define the meaning and give **one (1)** example of each salad given:

i. Main course salad.

(2 marks)

ii. Separate course salad.

(2 marks)

b. List **one (1)** example of permanent emulsion in western culinary.

(1 marks)

QUESTION 4

The good quality of sauce should be works like a seasoning which enhance and enlighten the essence of food.

Complete the table given with the appropriate answers.

<u>Liquid</u>	+	<u>Thickening agent</u>	=	<u>Mother sauces</u>
White stock	+	i. _____	=	<i>Velouté</i>
Brown stock	+	Brown <i>roux</i>	=	ii. _____
Milk	+	White <i>roux</i>	=	iii. _____
Tomato plus stock	+	Brown <i>roux</i> / tomato itself	=	iv. _____
Clarified butter	+	Egg yolk	=	v. _____

(5 marks)

QUESTION 5

After the beef slaughtered, the meat must go through the process of aging before used.

a. Define aging.

(1 mark)

b. There are two different ways in aging the meat; that is by dry aging and wet aging. Explain in details the meaning of :

i. Dry aging.

(2 marks)

ii. Wet aging.

(2 marks)

QUESTION 6

Eggs are one of the important dishes in western breakfast.

a. Explain in details **two (2)** functions of egg in western culinary.

(2 marks)

b. Complete the table given with the correct **time** for simmering egg.

Types of simmering egg	Time
Soft cooked	i.
Medium cooked	ii.
Hard cooked	iii.

(3 mark)

[30 MARKS]

PART D

This part contains of **TWO (2)** questions. Answer ALL questions.

Answer the questions in Answering Booklet.

QUESTION 1

Stock can be defined as a clear, unthicken flavour liquid, extracted from various types of bones, such as beef bones, poultry bones or fish bones. Stock is one of the main ingredients for making soups and sauces.

a. Identify in details **four (4)** composition of stock.

(4 marks)

b. Describe in details **six (6)** procedures in preparing stock.

(6 marks)

QUESTION 2

Soup can be described as a liquid food, made by combining ingredients of meat or vegetables, with stock, thickening agent and seasonings.

a. Draw a complete diagram of classification of soup in western culinary that includes clear soup, thick or cream soup and nationality soup.

(10 marks)

[20 MARKS]

END OF QUESTION PAPER

