



**KOLEJ YAYASAN PELAJARAN JOHOR
ONLINE FINAL EXAMINATION**

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

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**.

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

This examination paper consists of 12 printed pages including front page

PART A

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

Answer ALL questions in Answer Sheet.

1. What procedures can help prevent cuts in the kitchen?
 - A Use clean and sharp knife.
 - B Never try to catch a falling knife.
 - C Always use cutting board to cut food.
 - D All of the above.

2. Which method can be used to kill bacteria and prevent food spoilage?
 - A Drying.
 - B Boiling.
 - C Freezing.
 - D Preserving.

3. All of the following are the reasons of cooking food except:
 - A increase palatability.
 - B decrease digestibility.
 - C destruction of harmful microorganism.
 - D change and enhancement of flavor, color and aroma.

4. Which injury is caused by heat or fire?
 - A Cuts.
 - B Falls.
 - C Burns.
 - D Slipping.

5. When washing your hands, which step comes first?
 - A Get soap.
 - B Wet your hand.
 - C Drying your hand.
 - D Scrubbing your hand.

6. What is the appropriate color cutting board for cooked meat?
- A Red.
 - B White.
 - C Brown.
 - D Yellow.
7. Which food safety step should you take to reduce cross-contamination?
- A Chill.
 - B Cook.
 - C Clean.
 - D Separate.
8. What is the importance of preservation?
- A To increase digestibility.
 - B To make food taste better.
 - C To extend the shelf life of the food.
 - D To change the texture or flavor of the food.
9. Which statement is incorrect about food safety?
- A Never refreeze thawed frozen meat.
 - B Avoid dropping wet foods into hot fat.
 - C Taste food with the same spoon repeatedly.
 - D Perishable and leftover food should be refrigerated as soon as possible.
10. All of the following are the proper ways to thaw food except:
- A in the refrigerator.
 - B on the working table.
 - C in the microwave oven.
 - D under cold running water.

11. The color of *sautéed* onion will change into brown in color. This reaction is called:
- A coagulation.
 - B gelatinization.
 - C caramelization.
 - D *maillard*-reaction.
12. How do you preserve nutrients in vegetables when cooking?
- A Pare or cut just before cooking.
 - B Use as much water as possible.
 - C Cook for the longest time possible.
 - D Prepare the smallest pieces possible.
13. X is the main source of energy for the body. They are the sugars, starches and dietary fiber that occur in plant foods and dairy products. X is referring to:
- A fat.
 - B protein.
 - C mineral.
 - D carbohydrate.
14. The process where starch and water are subjected to heat, causing the starch granules to swell known as:
- A *roux*.
 - B viscosity.
 - C thickening.
 - D gelatinization.
15. The transformation of proteins from a liquid state to a solid form when heat increase is known as:
- A coagulation.
 - B denaturation.
 - C gelatinization.
 - D caramelization.

16. Which of the following is not a moist heat method of cooking?
- A Braising.
 - B Roasting.
 - C Poaching.
 - D Blanching.
17. Choose the correct answer for descending order (from the highest temperature to the lowest) of the three methods to cook food in water or seasoned and flavored liquid.
- A Poach, simmer, boil.
 - B Boil, simmer, poach.
 - C Simmer, boil, poach.
 - D Boil, poach, simmer.
18. What is steaming method of cooking?
- A Cooking food by hot air in an oven.
 - B Foods cooked by vapors from boiling water.
 - C Cooking food quickly in a hot pan with little fat.
 - D Food cooked above a heat source on a metal grate.
19. What is deep frying mean in cooking?
- A Food cooked in greased pan.
 - B Cooking food by hot air in an oven.
 - C Cook an item in a water that is bubbling rapidly.
 - D Food is completely covered in oil or fat to be cooked.
20. The transfer of heat between two bodies by currents of moving gas or fluid known as:
- A radiation.
 - B convection.
 - C conduction.
 - D *maillard*-reaction.

[20 MARKS]

PART B

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

Answer ALL questions in Answer Sheets.

QUESTION 1

a) Dishwashing is important in the kitchen to maintain cleanliness. How to remove butter residue from a bowl?

(1 mark)



Picture 1.0

b) From the picture 1.0 above, explain **THREE (3)** functions of a chef uniform.

(3 marks)

c) Give **ONE (1)** situation where hand hygiene needs to be performed in the kitchen.

(1 mark)

QUESTION 2

a) Food rarely contains just one nutrient. Briefly explain what is carbohydrate.

(1 mark)

b) Poaching egg is an example of coagulation process. Provide **TWO (2)** conditions happened to the egg during coagulation process.

(2 marks)

c) Fat can be in liquid and solid form. Give **TWO (2)** reactions that happen to fat when heated.

(2 marks)

QUESTION 3



Picture 2.0

a) Based on the picture 2.0 above, what is the heat transfer method used?

(1 mark)

b) What are the other **TWO (2)** heat transfer methods besides the method shown above?

(2 marks)

c) Give **TWO (2)** dry heat cooking methods and their examples.

(2 marks)

QUESTION 4

a) Stock is from French word, *fond* literally meaning “foundation” or “base”. State **TWO (2)** requirements to make a good quality stock.

(2 marks)

b) What are the **FOUR (4)** compositions of stock?

(2 marks)

c) Why do you need to skim the stock frequently?

(1 mark)

QUESTION 5

“There are soups that are native to a particular countries or regions.”

a) Based on the statement above, what type of soup does it refers to?

(1 mark)

b) Based on the statement above, give **TWO (2)** examples of that soup.

(2 marks)

c) Garnishes add interest in soup. What are the **TWO (2)** groups of garnishes in soup?

(2 marks)

QUESTION 6

a) Sauces may be used for sweet or savory dishes. What is the definition of sauce?

(1 mark)

b) List the **TWO (2)** functions of sauce to a food.

(2 marks)

c) What are the **TWO (2)** standards of a quality sauce?

(2 marks)

QUESTION 7

a) Some may define poultry as chicken, a domesticated bird kept by humans. Provide **ONE (1)** other bird included in poultry.

(1 marks)

b) State **TWO (2)** standards for a quality poultry.

(2 marks)

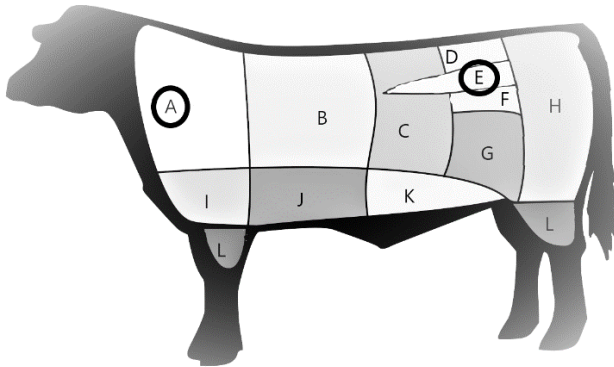
c) How do you check the doneness for small poultry? State **TWO (2)** methods only.

(2 marks)

QUESTION 8

a) Water is one of the compositions in a meat. What are the other **TWO (2)** compositions?

(2 marks)



Picture 3.0

b) Based on the Picture 3.0 above, it shows on the small cuts of whole beef. What are the names of cuts A and E?

(2 marks)

c) Based on the Picture 3.0 above, what need to be removed when preparing part E before cooking to avoid the texture tough and chewy?

(1 mark)

QUESTION 9

a) Fish is a low-fat high-quality protein. What are the **TWO (2)** main groups of fish?

(1 mark)

b) There are six market forms of fish. Give **TWO (2)** forms of fish only.

(2 marks)

c) What are **TWO (2)** criterias to check the freshness of a fish?

(2 marks)

QUESTION 10

a) Egg is a favorable ingredient for breakfast. How to know an egg is fresh?

(1 mark)

b) There are three types of breakfast commonly known and used in most hotel in Malaysia. Name the common **TWO (2)** types of breakfast.

(2 marks)

c) Explain **TWO (2)** ways to fry an egg for breakfast.

(2 marks)

[50 MARKS]

PART C

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

Answer ALL questions in Answer Sheet.

QUESTION 1

The word “salad” is derived from Latin “*sal*” and in French “*Salar*”, both words meaning “salt” or “to salt”. Indicate the purpose of garnishes in salad and describe the characteristics of main course salads and separate course salads.

(5 marks)

QUESTION 2

Stock is a clear, unthickened flavourful liquid. Discuss the procedures to make a good quality chicken stock.

(5 marks)

QUESTION 3

The five mother sauces are the basis of all classical sauces. This is because many other sauces can be created from them. Complete the following table of five basic sauces.

| LIQUID | THICKENING AGENT | LEADING/ MOTHER SAUCES | SMALL SAUCES |
|--------|-------------------------------------|------------------------|---|
| a. | <i>Blonde roux</i> | b. | Mushroom, Aurora |
| c. | Brown <i>roux</i> | d. | <i>Bordelaise</i> , Mushroom |
| Milk | e. | f. | Cream, <i>Mornay</i> |
| g. | Brown <i>roux</i> /tomato itself | h. | <i>Creole</i> , Portuguese |
| i. | j. | <i>Hollandaise</i> | <i>Béarnaise</i> , <i>mousseline</i> |

(10 marks)

QUESTION 4

Meat today is lean and contains B vitamins, minerals and fat needed for energy. Thus, there are so called green meat. Define green meat and explain the three ways in which fat can be added to lean meat.

(10 marks)

[30 MARKS]

END OF QUESTION PAPER