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FINAL EXAMINATION**

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

INSTRUCTION TO CANDIDATES

1. This examination paper consists of **THREE (3)** :
PART A (25 Marks)
PART B (25 Marks)
PART C (50 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

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

*This examination paper consists of **13** printed pages including front pages*



PART A**MULTIPLE CHOICE QUESTIONS**

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

Answer **ALL** in Objective Answer Paper.

1. What is the best grooming and professionalism as a kitchen staff?
 - A Use short sleeve to look tidy.
 - B Use shoes made from leather.
 - C Clothing covers all part of body.
 - D Wear apron only when start cooking.

2. Which of the following is the proper way for cleaning method?
 - A Wipe up spill as soon as they occur.
 - B Put wet item such as leftover in the sink.
 - C Dirt must be remove from crevices with kitchen towel.
 - D Soak pan and dish with high starch residue in hot water.

3. What is the good personal hygiene that must be practice by a food handler?
 - A Seldom wash hand.
 - B Dry wet hand on apron.
 - C Comb hair in the kitchen.
 - D Takes a bath twice a day.

4. Which of the following are examples of carbohydrates?
 - A Rice.
 - B Meat.
 - C Soya.
 - D Chicken.

5. This ingredient is use to speed up coagulation and help dissolve connective tissues in protein component.
- A Sodium.
 - B Vinegar.
 - C Albumin.
 - D Shortening.
6. It occurs when energy is transferred by waves from the sources to the food. This statement refer to _____
- A Radiation.
 - B Conduction.
 - C Convection.
 - D Gelatinization.
7. Which of the following is classified under moist heat method?
- A Grilling.
 - B Blanching.
 - C Deep frying.
 - D Shallow frying.
8. What is the type of vegetable cutting shown below?



Figure 1.0

- A *Vichy*.
- B *Mirepoix*.
- C *Duchess*.
- D *Macedoine*.

9. Vegetable cut into fine dice with the measurement of (3 mm X 3 mm X 3 mm) refer to _____
- A *Julienne.*
 - B *Brunoise.*
 - C *Batonnet.*
 - D *Chiffonade.*
10. Which is the best describe about separated course salad?
- A Serve as the first course salad.
 - B Serve at the end of the meal after dessert.
 - C Serve in a large portion and often serve hot.
 - D The purpose is to cleanse the palate after rich dinner.
11. Which of the following is **true** about temporary emulsion?
- A Dressing consists of oil and vinegar.
 - B No need to shake or stirred before use.
 - C Emulsion form easily in room temperature.
 - D Two liquid binding together in a longer time.
12. What is a glaze?
- A The process removal of all fat.
 - B The method use to give body to the soup.
 - C It helps in making the soup more color and texture.
 - D Stock that has been reduced until it coats back to the spoon.
13. Which of the following is used as thickening agent?
- A *Roux.*
 - B White stock.
 - C Brown stock.
 - D *Sachet d'epices.*

14. Which of the following is a thick soup?

- A Chowder.
- B *Minestrone*.
- C *Consommé*.
- D *Vichyssoise*.

15. Below are the examples of clear soups **except** _____

- A Broth soup.
- B Vegetable soup.
- C *Gazpacho* soup.
- D *Consommé* soup.

16. A leading sauces are made from brown stock and brown roux is called _____

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

17. Good structure of sauces must have _____

- A herb and spices.
- B chicken and beef stock.
- C vegetables pure and stock.
- D additional seasoning and flavouring.

18. Which of the following describe about green meat?

- A The used of ultraviolet light to control bacteria.
- B A meat that has not enough time to softer after killed.
- C Meat that has a lot of muscle tissues and need to rest.
- D The natural tenderizing process to break down the muscle fibre.

19. A process to breakdown carcass into smaller cut and wraps them in air and moisture proof bag known as _____
- A Dry aging.
 - B Lean meat.
 - C Fast aging.
 - D Vacuum-packed aging.
20. Inserting strips of fat with a special needle into meats that low in marbling is refer to _____
- A Larding.
 - B Barding.
 - C Casting.
 - D Basting.
21. What is drawn fish?
- A The fish as it was caught, completely intact.
 - B The viscera (guts) are removed, but head, tail and fins are still intact.
 - C Viscera, scales and fins are removed and the head and tail may be removed.
 - D Cross section cuts, backbone in each cut and the skin is usually not removed.
22. Which of the following is categorized as saltwater fish?
- A Trout.
 - B Catfish.
 - C Halibut.
 - D White fish.
23. The boneless and skinless pieces can be used for *sauté*, grilled, baked and shallow frying. These characteristics of fish refer to _____
- A *Fillet*.
 - B *Dame*.
 - C *Goujons*.
 - D *Pauppietes*.

24. Below are the types of breakfast, **except** _____

- A French breakfast.
- B American breakfast.
- C Malaysian breakfast.
- D Continental breakfast.

25. Which of the following are the compositions of egg?

- A albumen, oil and thin albumen.
- B air cell, shell membranes and chalazae.
- C air cell, carbohydrates and germinal disc.
- D carbohydrate, germinal disc and thick albumin.

[25 MARKS]



PART B**FILL IN THE BLANK**

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

Answer All questions in Answer Booklet.

Season	Apron	Barding	Bacteria Growth	Moist Heat
Broth And Bouillon	Mother Sauces	Minestrone	Accompaniment	Appetizer Salad
Dessert Salad	Flaking	Temporary	Glaze	Shoes
Connective Tissue	Dressed Fish	Boiling And Steaming	Oxidation	Drawn Fish
Radiation	Topping	Evaporation	Smoke point	Boiled Egg
Gelatinization	Aging	Thawing	Scrambled egg	Vitamins

- The cloth which is ties to the front, ensure that the body is protected
_____.
- Food must be cook immediately after _____.
- When fat are heated and hot enough, they begin to breakdown and smoke. The temperature at which it begins is called as _____.
- The process occurs when starches absorb water and swell. This is the major principle for production of bread and pastries. The process refer to _____.
- Water can also turn to steam at lower temperature. This process is called _____.
- The energy is transferred by waves from the sources to the food. This refers to _____.
- Heat is conducted to the food product by water, liquid or steam is called _____.

8. Regular rice should be rinse in cold water before _____.
9. Most fruits that do not contain high acid will darken when cut and exposed to air. This reaction called as _____.
10. The food usually served with sweet item such as fruit, sweetened gelatin, nuts and cream. This salad type refer to _____.
11. Emulsion consist of oil and vinegar and always separate after being shaken or beaten together. This is related to _____.
12. The situation when the stock reduced until it coats to the back of the spoon. _____.
13. Simple, clear soups without solid ingredient are called as _____.
14. An example of Italian soup is _____.
15. Ingredient that usually serves as the side dish of the soup. _____.
16. Sauce is defined as a flavorful liquid, usually thickened which is used to _____.
17. Basic sauces also known as leading sauce or _____.
18. The use of muscle and also the maturity of age could affect the animal of bird in increase the content of _____.
19. Covering poultry with a thin layer of fat to prevent dryness. This process refer to _____.
20. Do not wrap fresh meat tightly as air circulation prevents _____.

21. Natural tenderizing process, which use naturally occurring enzymes in the meat to breakdown the muscle fiber is called as _____ .
22. Viscera, scales and fins are removed. The head and tail may be removed. The type of fish is _____ .
23. When the fish is cooked, the flesh breaks apart. This called _____ .
24. The preparation of cooking an egg which is made from the mixture of beaten egg with milk and seasoning known as _____ .
25. Cook in boiling and then simmering liquid, it is to keep the egg shaped in a round, compact mass rather than spread out all over. This type of egg cooking is refer to _____ .

[25 MARKS]

PART C

This part contains of **SEVENTEEN (17)** questions.
Answer ALL questions in Answer Booklet.

QUESTION 1

List down **four (4)** Kitchen Golden Rules.

(4 marks)

QUESTION 2

Write **three (3)** moist heat cooking method and give example of food item using these methods of cooking.

(3 marks)

QUESTION 3

State **three (3)** indicator when purchase fresh and good vegetables.

(3 marks)

QUESTION 4

Describe **three (3)** basic vegetable cutting you have learnt in kitchen.

(3 marks)

QUESTION 5

Explain **three (3)** classification and types of salad.

(3 marks)

QUESTION 6

List down **six (6)** types of thickening agent.

(3 marks)

QUESTION 7

Give **two (2)** example of national soup that symbolizes their country.

(2 marks)

QUESTION 8

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

(2 marks)

QUESTION 9

Explain **two (2)** types of roux that used to thicken the sauces.

(2 marks)

QUESTION 10

State **two (2)** characteristic of good sauces.

(2 marks)

QUESTION 11

List down and explain **four (4)** market forms of poultry.

(4 marks)

QUESTION 12

List down and explain **three (3)** methods used to prevent dryness when cooking meat.

(3 marks)

QUESTION 13

Explain **three (3)** checklists of fish freshness.

(3 marks)

QUESTION 14

List down **six (6)** composition of eggs.

(3 marks)

QUESTION 15

State **two (2)** differences between Grade AA and Grade B egg.

(4 marks)

QUESTION 16

List down **three (3)** methods of cooking egg.

(3 marks)

QUESTION 17

List down **three (3)** methods of preparing omelette.

(3 marks)

[50 MARKS]

END OF QUESTION PAPER