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FINAL EXAMINATION**

COURSE NAME : THEORY OF FOOD
COURSE CODE : DCA1033
EXAMINATION : NOVEMBER 2020
DURATION : 3 HOURS

INSTRUCTION TO CANDIDATES

1. This examination paper consists of **FOUR (4)** parts :
 - 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. Answering Booklet

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

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

PART A

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

Answer ALL in Objective Answer Paper.

1. How the heat was transferred during grilling?
 - A Through radiation.
 - B Through conduction.
 - C Through convection.
 - D Through condensation.

2. What should you do if you cut yourself at work?
 - A Grin and bear it.
 - B Stop work and go home.
 - C Cover the wound with lint and a bandage.
 - D Cover the wound with a waterproof dressing.

3. Which vegetable is a flower that you eat?
 - A Potato.
 - B Squash.
 - C Lettuce.
 - D Broccoli.

4. Which one of these of heat transfer methods does not involve particles?
 - A Infrared.
 - B Radiation.
 - C Conduction.
 - D Convection.

5. Which salad would be an example of a bound salad?
- A Egg salad.
 - B Chef's salad.
 - C Garden salad.
 - D Shrimp cocktail.
6. Which of the following is categorised as a tropical fruit?
- A Lemon.
 - B Cocoa.
 - C Cherries.
 - D Pineapple.
7. Which is the example of composed salad?
- A Coleslaw.
 - B Fruit salad.
 - C Chef's salad.
 - D Potato salad.
8. What is the aromatic herbs that was normally used in pizza making?
- A Thyme.
 - B Oregano.
 - C Bay leaf.
 - D Rosemary.
9. Why do we need to wash our hands before we eat or handle food?
- A To prevent illness.
 - B To keep our food germ-free.
 - C To avoid cross-contamination.
 - D All of the above.

10. Which ingredient can be used as an emulsifier?
- A Pepper.
 - B Vinegar.
 - C Egg yolk.
 - D Lemon juice.
11. What is the flavouring used in *court bouillon*?
- A Wine.
 - B Lemon juice.
 - C Aromatic herbs.
 - D Aromatic vegetables.
12. Why meat is basted during roasting?
- A To make it brown.
 - B To tenderise the meat.
 - C To prevent it from drying out.
 - D To speed up the cooking process.
13. Which sauce is the best for *bearnaise*?
- A *Veloute*.
 - B *Bechamel*.
 - C *Espagnole*.
 - D *Hollandaise*.
14. Which stock is made by simmering poultry, beef, veal, or game bones that have been browned first?
- A *Fumet*.
 - B Fish stock.
 - C White stock.
 - D Brown stock.

15. How many types of mother sauces?
- A 3.
 - B 5.
 - C 7.
 - D 9.
16. Which is an example of a clear soup?
- A *Gazpacho*.
 - B Lobster *bisque*.
 - C Potato chowder.
 - D Vegetable Soup.
17. Which of the following soup is served cold?
- A *Gazpacho*.
 - B *Consomme*.
 - C Clam chowder.
 - D Vegetable Soup.
18. Why trussing is needed in the poultry cooking process?
- A To give it a shape and to cook faster.
 - B To prevent loss of juices and even cooking.
 - C To retain shape and ensure neat presentation.
 - D To help with portion control and easier to cook.
19. What is barding?
- A Trussing poultry to cook it evenly.
 - B Placing fat on top of the breast of poultry.
 - C Putting strips of fat through the surface of the item.
 - D Placing parsley and onion inside a duck to improve the flavour.

20. Which of the following are the purposes of blanching?
- i. Par cook to soften
 - ii. Par cook to whiten
 - iii. Toss to coat with glaze
 - iv. Toss to keep the moisture
- A i, ii
B i, iii
C ii, iv
D i, ii, iii
21. Why some meats are high in connective tissue?
- A Because of the age and the size of the animals.
B Because of the age and the type of the animals.
C Because of the age and the weight of the animals.
D Because of the age and the movement of the animals.
22. How many percent of water composition in poultry's muscle tissue?
- A 10%.
B 20%.
C 70%.
D 100%.
23. Which of the following represents the largest size of egg being sold?
- A Small.
B Jumbo.
C Peewee.
D Extra large.

24. What is the type of fish cutting shown in **Diagram 1**?



Diagram 1

- A Fillet.
 - B *Darne*.
 - C Steak.
 - D *Goujons*.
25. What is a *mirepoix*?
- A The powdered or concentrated form of stock.
 - B A combination of fresh herbs and vegetables.
 - C A mix of coarsely chopped vegetables and herbs.
 - D The liquids that form the foundation of sauces and soups.

[25 MARKS]

PART B

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

Answer ALL questions in Answering Booklet.

Shellfish	Simmering	Leafy	Brown stock	Trussing
Fresh poultry	Consomme	Tomato sauce	Larding	Lean fish
<i>Paupiette</i>	Fire extinguisher	The refrigerator	Dessert salad	Coagulation
Base	Shank	Drawn fish	Lecithin	White stock
Fruit	Sunny side up	Stocks	Liaison	Shallow

1. The safest way to thaw the frozen food should be in _____.
2. The four forms of frying are stir frying, deep frying, pan frying and _____ frying.
3. The whole fish with inner organs removed is known as _____.
4. The skin of _____ should be light pink and the breast should be plump and well rounded.
5. The liquid base used to make rich cream sauce made from cream and a roux, with pricked onion is _____.
6. Kale, lettuce, spinach and watercress are the examples of _____ greens.
7. The correct description for _____ is small bubbles breaking at the surface 95°C.
8. A sweet salad at the end of a meal is called a _____.

9. A layer of green salad that lines the plate or bowl in which the salad would be served is referred to _____.
10. A basic stock used in the production of espagnole is known as _____.
11. The transformation of proteins from a liquid state to a solid form is called as _____.
12. _____ is made with pureed tomatoes to give the sauce texture and flavour.
13. A flavourful liquid, usually thickened, used to season, flavour and enhance other foods is called as _____.
14. Your kitchen should have a _____ to put out fires. These should be checked yearly to see if they still have a charge.
15. A perfectly clarified and transparent soup that rich, full flavour and elegant as a perfect starter for an elegant dinner is known as _____.
16. In classical cooking, a _____ is a mixture of egg yolks and cream, used to enrich and lightly thicken a sauce or other liquid.
17. The act of tying poultry so that they cook evenly and hold uniform shape is known as _____.
18. The primal cuts of meat that is located at both forequarter and hindquarter of beef is referred to _____.
19. _____ is a process of inserting long strips of fat use larding needle into the cut of meat to keep it moist when cooking.
20. Thin piece of fish that is stuffed, rolled, tied and cooked is known as _____.

21. Fish that have very little fat in their flesh is known as _____.
22. An egg contain the powerful emulsifying agent called _____ which prevent oil and water mixture from separating.
23. _____ egg are cooked in a hot frying pan with enough fat and cook slowly without flipping.
24. A stock prepared with roasted ingredients including bones from beef or poultry and vegetables is known as _____.
25. The main ingredient in *bisque* is _____.

[25 MARKS]

PART C

This part consists of **SIX (6)** questions.

Answer ALL questions in Answer Booklet.

QUESTION 1

List down **four (4)** types of nutrient in food.

(4 marks)

QUESTION 2

Describe three **(3)** types of cooking method categorized under dry heat cooking method.

(6 marks)

QUESTION 3

Explain **three (3)** components of salad that must be consider when plating salad.

(6 marks)

QUESTION 4

Classify **four (4)** types of small cut of whole beef.

(4 marks)

QUESTION 5

Describe **three (3)** functions of eggs.

(6 marks)

QUESTION 6

Write down **four (4)** formulas in making the leading sauces or mother sauces.

(4 marks)

[30 MARKS]

PART D

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

Answer ALL questions in Answer Booklet.

QUESTION 1

Stock is referred as a clear, unthicken flavorful liquid filled with soluble substances extracted from various types of meats including beef, poultry, and fish and also extract from vegetables.

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

(8 marks)

QUESTION 2

Most of the domestic poultry always cooked well done in order to eliminate harmful bacteria and to prevent from food borne illness.

Describe **three (3)** methods on how to determine the doneness of smaller bird or poultry.

(6 marks)

QUESTION 3

Most fish are low in fat and does not have certain tough connective tissues. Fish also can be found in many forms in market.

Discuss **three (3)** market forms of fish available in market.

(6 marks)

[20 MARKS]

END OF QUESTION PAPER