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**KOLEJ YAYASAN PELAJARAN JOHOR****FINAL EXAMINATION**

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**COURSE NAME** : THEORY OF FOOD  
**COURSE CODE** : DCA 1033  
**EXAMINATION** : MAY 2018  
**DURATION** : 3 HOURS

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**INSTRUCTION TO CANDIDATES**

1. This question paper consists of **FOUR (4) Parts**:  
Part A (30 Marks)  
Part B (20 Marks)  
Part C (30 Marks)  
Part D (20 Marks)
  
2. Candidates is not allowed to bring any material into the 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. Answer Booklet
  - iii. OMR Form

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*This examination paper consist of 17 printed pages including front page*

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**PART A (Total: 30 marks)****MULTIPLE CHOICE QUESTIONS****INSTRUCTION: Answer ALL Questions****Please use the OMR sheet provided**

1. Most cases of illness in the kitchen are caused by \_\_\_\_\_.  
(*Kebanyakan penyakit yang berpunca dari dapur adalah disebabkan oleh \_\_\_\_\_.*)
  - A. improper attire
  - B. improper discipline
  - C. improper sanitation
  - D. improper equipment and utensils
  
2. The word SANITATION derived from the \_\_\_\_\_ word meaning "sanus".  
(*Perkataan SANITASI diambil dari bahasa \_\_\_\_\_, yang bermaksud "sanus."*)
  - A. Latin
  - B. Greek
  - C. French
  - D. English
  
3. While handling sharp utensils such as knives, always \_\_\_\_\_.  
(*Semasa menggunakan peralatan tajam seperti pisau, sentiasalah \_\_\_\_\_.*)
  - A. use dirty and blunt knife
  - B. use dirty and sharp knife
  - C. use clean and blunt knife
  - D. use clean and sharp knife
  
4. Which statement below is the group of nutrient?  
(*Kenyataan yang manakah dibawah ini didalam kumpulan nutrient?*)
  - A. pigments and protein
  - B. flavourings and vitamins
  - C. pigments and flavourings
  - D. carbohydrates and protein

5. Starches and sugars are in the group of \_\_\_\_\_.  
(Kekaji dan gula adalah didalam kumpulan \_\_\_\_\_.)
- A. protein
  - B. vitamins
  - C. fat or lipid
  - D. carbohydrates
6. This action happened when starches absorb water and swell. The example is in the thickening sauces and soups. This action refers to \_\_\_\_\_.  
(Tindakbalas ini berlaku apabila kekaji menyerap air dan mula mengembang. Contoh ini berlaku didalam pemekatan sos dan sup. Tindakbalas ini merujuk kepada \_\_\_\_\_.)
- A. oxidation
  - B. dextrinization
  - C. gelatinization
  - D. caramelization
7. Vegetables should not be cooked with \_\_\_\_\_ as they will become mushy and lose vitamins.  
(Jangan memasukkan \_\_\_\_\_ kedalam masakan sayuran kerana bahan ini akan menyebabkan sayuran itu hancur dan hilang vitaminnya.)
- A. flour
  - B. sugar
  - C. baking soda
  - D. ice cream soda
8. This method means heat is conducted to the food without moisture, which is by hot air, hot metal, radiation or hot fat.  
(Kaedah ini bermaksud ; haba dialirkan ke makanan tanpa menggunakan sebarang cecair atau lembapan, tetapi ianya menggunakan kaedah haba panas, besi panas, radiasi atau menggunakan minyak panas.)
- A. dry heat method
  - B. moist heat method
  - C. double heat method
  - D. single cooking method

9. This method is where the food is cooked by total immersion in hot fat or oil. This method refers to \_\_\_\_\_.  
(Kaedah memasak ini bermaksud makanan itu dimasak dengan cara menenggelamkan terus makanan itu kedalam minyak atau lemak panas. Kaedah ini merujuk kepada \_\_\_\_\_.)
- A. saute
  - B. pan fry
  - C. deep fry
  - D. shallow fry
10. This type of vegetables cut has the shape of fine strips with measurement of 3mm x 3mm x 6cm. Usually used for soup and garnishes.)  
(Potongan sayuran jenis ini berbentuk halus memanjang dan berukuran 3mm x 3mm x 6cm. Selalunya digunakan untuk hidangan sup atau sebagai hiasan makanan.)
- A. Vichy
  - B. Brunoise
  - C. Batonnet
  - D. Julienne
11. This type of potatoes are boiled, drained and mashed into a creamy consistency. Hot milk, butter and seasoning are added to enhance the flavor.  
(Jenis kentang ini adalah ianya direbus, ditoskan dan dilecek sehingga lembut. Susu panas, mentega dan perisa ditambahkan supaya ianya menjadi lebih lazat. )
- A. french fries
  - B. baked potato
  - C. mashed potato
  - D. duchess potato
12. The characteristic of appetizer salad is \_\_\_\_\_.  
(Ciri-ciri salad appetizer adalah \_\_\_\_\_.)
- A. served with the dessert
  - B. served as the first course
  - C. served with the main course
  - D. should be large enough to serve as full meal

13. The dressing that always separate after being shaken or beaten together is called \_\_\_\_\_.

*(Dressing yang sentiasa terpisah setelah dikacau dipanggil \_\_\_\_\_.)*

- A. scott emulsion
- B. light emulsion
- C. temporary emulsion
- D. permanent emulsion

14. It is the culinary process of extracting flavour from various food, usually bones, by using liquid/water as base.

*(Ia adalah proses dimana pati makanan diserap perisanya dari pelbagai makanan, terutamanya tulang, dengan menggunakan cecair atau air sebagai perantaraan asas.)*

- A. stock
- B. salad
- C. sauces
- D. seafood

15. The example of unthickened soup is \_\_\_\_\_.

*(Contoh sup cair adalah \_\_\_\_\_.)*

- A. puree
- B. chowder
- C. consommé
- D. cream soup

16. The garnishes that usually served as the side dishes of the soup is called \_\_\_\_\_.

*(Hiasan yang dihidangkan bersebelahan dengan mangkuk sup dipanggil \_\_\_\_\_.)*

- A. toppings
- B. accompaniments
- C. garnishes in the soup
- D. garnishes mix with the soup

17. There are \_\_\_\_\_ basic/ mother sauces in western culinary.

*(Terdapat \_\_\_\_\_ jenis sos utama didalam masakan barat.)*

- A. six
- B. two
- C. five
- D. twenty

18. One of these items cannot thicken the sauce.

*(Salah satu bahan ini tidak boleh memekatkan sos.)*

- A. roux
- B. water
- C. egg yolk
- D. beurre manie

19. It refers to edible birds domestically raised for human consumption.

*(Ia merujuk kepada haiwan kumpulan burung yang boleh dimakan serta ditenak oleh manusia.)*

- A. poultry
- B. diary
- C. pheasant
- D. wild games

20. Dark meat in the chicken consists of \_\_\_\_\_.

*(Bahagian "dark meat" pada seekor ayam adalah pada \_\_\_\_\_.)*

- A. breast and wings
- B. thigh and drumstick
- C. wings and drumstick
- D. breast and drumstick

21. The flesh of beef and lamb is called \_\_\_\_\_.  
(Isi pada lembu dan kambing dipanggil \_\_\_\_\_.)

- A. fish
- B. meat
- C. shellfish
- D. crustacean

22. One of these methods is not the way to put fat in the lean meat.  
(Salah satu kaedah ini bukannya cara memasukkan lemak kedalam daging tanpa lemak..)

- A. basting
- B. barding
- C. filleting
- D. larding

23. Most of the cuts from the \_\_\_\_\_ is suitable for dry heat cooking because this part is the softest part of the meat.

(Kebanyakan potongan dari bahagian \_\_\_\_\_ bersesuaian untuk kaedah masak kering kerana bahagian ini merupakan bahagian paling lembut pada daging.)

- A. flank
- B. loins
- C. shanks
- D. topside

24. When the fish is cooked, the flesh breaks apart, this is called \_\_\_\_\_.  
(Apabila ikan telah masak, isinya merenggang. Keadaan ini dipanggil \_\_\_\_\_.)

- A. drying
- B. flaking
- C. cracking
- D. breaking



25. Fish with low fat content is called \_\_\_\_\_.  
(Ikan yang rendah kandungan lemaknya dipanggil \_\_\_\_\_.)
- A. fat fish
  - B. lean fish
  - C. cuttlefish
  - D. fresh fish
26. When buying fish, make sure the \_\_\_\_\_.  
(Apabila membeli ikan, pastikan \_\_\_\_\_.)
- A. all fish should have offensive and smelly odour.
  - B. all fish should have clean and chemical odour.
  - C. all fish should have clean and pleasant odour.
  - D. all fish should have pleasant and fruity odour.
27. This meal is eaten early in the morning. This meal is called \_\_\_\_\_.  
(Makanan/hidangan ini dimakan diawal pagi. Makanan/hidangan ini dipanggil \_\_\_\_\_.)
- A. lunch
  - B. dinner
  - C. supper
  - D. breakfast
28. If the egg falls to the bottom of the liquid (salted water), the egg is \_\_\_\_\_.  
(Jika telur itu terbenam kedasar cecair (air garam), ini bermakna telur tersebut \_\_\_\_\_.)
- A. bad
  - B. rotten
  - C. very fresh
  - D. a few days old

29. "Egg content covers a very wide area. White is weak and watery. The yolk is enlarged and flattened." This statement refers to \_\_\_\_\_.

*("Isi telur ini cair dan merebak luas. Putih telurnya lemah dan berair. Kuning telurnya membesar dan mencair." Kenyataan ini merujuk kepada \_\_\_\_\_.)*

- A. grade A egg
- B. grade B egg
- C. grade AA egg
- D. grade BB egg

30. One of these answers below is not the function of eggs.

*(Salah satu jawapan dibawah ini bukannya fungsi kepada telur.)*

- A. leavening agents
- B. emulsifying agents
- C. chemical agents
- D. colouring agents

**[30 MARKS]**

**PART B (Total : 20 marks)****FILL IN BLANKS****INSTRUCTION: Choose the correct answer****Please use the answer booklet provided**

Scald	Mirepoix	Fat	Shallow frying	Dressing
<i>Onion pique</i>	Connective tissue	Accident	Caramelization	Green meat
Waterproof dressing	Moist heat method	Specialty or nationality soup	Fish	Fillet
-18 celsius	Permanent emulsion	<i>Depouillage</i>	Egg yolk	Glaze
Pickled vegetables	Tomato <i>concasse</i>	Beef	81 celsius	<i>Bouquet de garni</i>

1. Over confidence, too tired and anger can cause \_\_\_\_\_ in the kitchen.

(*Terlalu yakin, terlalu penat dan marah boleh menyebabkan \_\_\_\_\_ didalam dapur.*)

2. If your friend has minor cuts and stiches, we should clean the wound and cover it with \_\_\_\_\_.

(*Jika kawan anda terkena luka kecil dan calar, kita hendaklah bersihkan luka tersebut dan balut dengan \_\_\_\_\_.*)

3. A burn is caused by dry heat; while \_\_\_\_\_ is caused by moist heat.

(*Melepuh disebabkan oleh kaedah masak panas, sementara \_\_\_\_\_ disebabkan oleh kaedah masak lembap.*)

4. The action of \_\_\_\_\_ will happened when we browned sugar, sautéed vegetables or baked bread and pastries.

(*Tindakbalas \_\_\_\_\_ akan berlaku apabila kita memerangkan gula, menumis sayuran atau membakar roti dan pastri.*)

5. Meats with more \_\_\_\_\_ are tough.

*(Daging yang mempunyai banyak \_\_\_\_\_ akan menjadi lebih liat.)*

6. These nutrient can be solid or liquid in room temperature.

*(Nutrient ini boleh menjadi pepejal atau cecair pada suhu bilik.)*

7. It is the method where heat is conducted to the food product by water, liquid or steam.

*(Ia merupakan satu kaedah dimana haba dialirkan ke makanan melalui air, cecair atau stim.)*

8. It means to cook food in a moderate heat with moderate amount of fat or oil.

*(Ia bermaksud memasak makanan pada suhu yang sederhana panasnya, dengan menggunakan minyak atau lemak yang sederhana banyaknya.)*

9. The name of vegetable cutting that consists of roughly cut onion, celery and carrot or leek is called \_\_\_\_\_.

*(Nama potongan sayur yang mengandungi potongan kasar bawang, daun saderi, lobak merah dan leek dipanggil \_\_\_\_\_.)*

10. Studded onion with cloves and bay leaf is called \_\_\_\_\_.

*(Bawang yang dicucuk dengan bunga lawang dan daun bay dipanggil \_\_\_\_\_.)*

11. A seasoned liquid or semiliquid added to the body of the salad for flavour, tartness, spiciness and moistness.

*(Ia merupakan cecair atau separuh cecair yang di makan bersama salad, bertujuan untuk memberi kelazatan, kepekatan, kelembapan dan perisa.)*

12. The name of the emulsion that made from dressing that consists oil and vinegar, but the mixture will not separate because the formula contains egg yolk.

*(Nama sejenis emulsi yang dibuat dari minyak dan cuka, juga dicampurkan dengan telur kuning agar emulsi ini tidak terpisah.)*

13. It comes from a stock that has been reduced until it is so concentrated, until it coats the back of the spoon.

*(Ia diperbuat dari stok yang telah dimasak sehingga memekat, sangat pekat sehingga boleh menyalut dibelakang sudu.)*

14. Another name for skimming is \_\_\_\_\_.

*(Nama lain untuk skimming adalah \_\_\_\_\_.)*

15. This category of soups is referring to all soups that are native to a particular countries or regions.

*(Kumpulan sup ini merujuk kepada semua jenis sup yang berasal dari sesebuah negara atau sesebuah tempat tertentu.)*

16. Thickening agent for *Hollandaise* sauce is \_\_\_\_\_.

*(Agen pemekat untuk sos Hollandaise adalah \_\_\_\_\_.)*

17. The correct temperature for storing frozen poultry is \_\_\_\_\_ or below.

*(Suhu yang betul untuk menyimpan ayam sejuk beku adalah \_\_\_\_\_ atau lebih sejuk lagi.)*

18. It is a meat that has not had enough time to soften after killed. It is tough and flavorless.

*(Ia adalah daging yang belum sempat berubah menjadi lembut setelah disembelih. Keadaannya masih liat dan kurang berperisa.)*

19. This refers to the flesh of the fish removed completely (boneless) from the skeletal structure.

*(Ia bermaksud potongan daging ikan yang dipisahkan/disiang terus dari tulangnya.)*

20. "When buying it whole, make sure the eye should be bright, not sunken and dull." This statement refers to the checklist of \_\_\_\_\_ freshness.

*("Apabila membelinya, pastikan matanya bersinar, bukannya tenggelam dan pudar." Ayat ini sesuai untuk menilai kesegaran seekor \_\_\_\_\_.)*

**[20 MARKS]**

**PART C [Total: 30 marks]****SHORT ANSWER**

**INSTRUCTION: Answer ALL questions. This section consists of EIGHT (8) questions.**

**Please use the answer booklet provided**

**QUESTION 1**

Heat is transferred in **THREE (3)** ways. List them all.

*(Haba boleh dipindahkan melalui **TIGA (3)** kaedah. Senaraikan kesemuanya.*

[3 marks]

**QUESTION 2**

a. Potatoes contain good nutritional value. There are different basic cuts and shapes of potatoes. Identify **TWO (2)** types of potato cutting/shape in western culinary.

*(Kentang mempunyai banyak khasiatnya. Terdapat berbagai bentuk dan potongan untuk kentang. Nyatakan **DUA (2)** bentuk atau potongan kentang didalam masakan barat.)*

[2 marks]

b. Explain **TWO (2)** ways how to choose fresh vegetables when you purchase them.

*(Nyatakan **DUA (2)** kaedah bagaimana anda memilih sayuran segar apabila anda membelinya.)*

[2 marks]

**QUESTION 3**

a. Stock is composed of four elements. List only **THREE (3)**.

*(Stok terdiri dari empat element. Nyatakan **TIGA (3)** sahaja.)*

[3 marks]

b. Named the stock given in French words.

(*Namakan stok yang diberi ini kedalam bahasa Perancis.*)

English	French
White stock	i.
Brown stock	ii.

[2 marks]

#### QUESTION 4

Complete the diagram given for basic/mother sauces.

LIQUID	+	THICKENING AGENT	=	LEADING/MOTHER SAUCES
i.		White roux		<i>Bechamel</i>
White stock		Blond <i>roux</i>		ii.
Tomato plus Stock		<i>Roux</i>		iii.
Clarified butter		Egg yolks		iv.

[4 marks]

#### QUESTION 5

Explain **FOUR (4)** ways how to test **DONENESS** in poultry.

(*Jelaskan EMPAT (4) cara bagaimanakah cara untuk mengetahui ayam/itik telah masak sempurna.*)

[4 marks]

**QUESTION 6**

Level of doneness of meat applies depends on the method used to cook the food, the length of time for cooking and the amount of heat applied. Complete the diagram with the exact looks of the meat doneness given.

*(Tahap masak untuk daging bergantung kepada kaedah memasaknya, jangka waktu memasak serta suhu memasak. Lengkapkan rajah dibawah ini dengan keadaan (looks) daging tersebut mengikut suhu doneness yang diberikan.)*

**STEAK DONENESS CHART**

Doneness	Temperature	Looks
Medium rare	130 celsius	i.
Medium	135 celsius	ii.
Medium-well	140 celsius	iii.
Well-done	150 celsius	iv.

[4 marks]

**QUESTION 7**

Named **TWO (2)** types of cuts of fish in western culinary.

*(Namakan DUA (2) contoh potongan ikan didalam masakan barat.)*

[2 marks]

**QUESTION 8**

a. Differentiate between the very fresh egg and rotten egg.

*(Bezakan ciri-ciri antara telur segar dengan telur yang rosak.)*

[2 marks]

b. List **TWO (2)** functions of eggs in general.

*(Nyatakan DUA (2) fungsi telur secara umum.)*

[2 marks]

**[30 MARKS]**



**PART D [Total: 20 marks]**

**INSTRUCTION: Answer ALL questions. This section consists of FOUR (4) questions.**

**Please use the answer booklet provided.**

**QUESTION 1**

In western culinary, herbs and spices are used as a flavouring in cooking or medicinal purposes.

*(Dalam masakan barat, herba dan rempah ratus digunakan untuk memasak dan tujuan perubatan.)*

Named **SIX (6)** types of herbs or spices that you know.

*(Namakan **ENAM (6)** jenis herba atau rempah yang anda tahu.)*

[6 marks]

**QUESTION 2**

Salad is a dish consisting of a mixture of small pieces of food, usually vegetables. It is typically served chill or room temperature. It is usually served as the first course in western menu.

*(Salad adalah makanan yang mengandungi potongan kecil bahan, selalunya sayuran. Salad selalunya dihidangkan sejuk atau pada suhu bilik. Ia selalunya dihidangkan sebaga set pertama didalam menu barat.)*

Salad can be classified by five types of salad. Explain only **FOUR (4)**.

*(Salad terbahagi kepada lima jenis. Nyatakan **EMPAT (4)** sahaja.)*

[4 marks]

**QUESTION 3**

Soup is a primarily liquid food, generally served warm or hot. A well made soup have a good color, flavour, and consistency and will be served at the correct serving temperature with appropriate garnishing.

(Sup adalah makanan berbentuk cecair, selalunya dihidangkan panas. Sup yang baik mempunyai warna, rasa dan kepekatan yang betul. Ia juga dihidangkan pada suhu yang bersesuaian, dengan tambahan hiasan yang bersesuaian.)

State **TWO (2)** examples of unthickened soup and **TWO (2)** examples of thick soup.

(Senaraikan **DUA (2)** contoh sup cair dan **DUA (2)** contoh sup pekat.)

[4 marks]

**QUESTION 4**

Breakfast is the first meal of a day, most often eaten in the early morning before undertaking the days work. The composition of breakfast is varies widely from place to place and culture.

(Sarapan pagi merupakan hidangan yang pertama dimakan diawal pagi hari, sebelum melakukan sebarang aktiviti harian. Jenis sarapan pagi pula berbeza dengan meluasnya, mengikut kepada perbezaan tempat dan budaya.)

Explain in details the types breakfast given:

(Huraikan dengan jelas jenis sarapan pagi yang diberikan ini:)

a. Malaysian breakfast

[2 marks]

b. Continental breakfast

[2 marks]

c. American breakfast

[2 marks]

[20 MARKS]

END OF QUESTION PAPER



