



FINAL
Examination Paper

(COVER PAGE)

Session : January 2015

Programme : Diploma In Hotel Management (DHMN)

Course : DHM1105 : Theory of Food

Date of Examination : March 12, 2015 (Thursday)

Time : 11:00 am – 1:00 pm Reading Time: Nil

Duration : 2 Hours

Special Instructions :

Section A: TWENTY (20) Multiple Choice questions. Answer ALL the questions.

Section B : FIFTEEN (15) questions. Answer ALL the questions.

Section C : Answer ALL questions.

IMPORTANT NOTE : THIS PAPER SHOULD NOT BE TAKEN OUT OF THE EXAMINATION HALL

Materials permitted :
Nil

Materials provided :
OMR Sheets

Examiner (s) : Chef Yuzrem Ezri

Moderator : En Mubaris Mohamed

INTI INTERNATIONAL COLLEGE PENANG

DIPLOMA IN HOTEL MANAGEMENT PROGRAMME (DHM)
DHM1105: THEORY OF FOOD
FINAL EXAMINATION: JANUARY 2015 SESSION

SECTION A: (20 marks)

Instructions: This section consists of **FIFTY (20)** questions. Answer **ALL** questions in the OMR sheet provided.

1. Caramelization occurs when _____ browns, and gelatinization occurs when _____ absorbs water and swells.
 - A. sugar, starch
 - B. starch, sugar
 - C. protein, carbohydrate
 - D. carbohydrate, protein
 - E. none of the above

2. A Heat can be transferred by _____.
 - A. radiation
 - B. convection
 - C. conduction
 - D. combination of conduction and convection
 - E. all of the above

3. In Chef Marie stirs her sauce while it is cooking so that it does not burn on the bottom of the saucepan. This is an example of _____ convection.
 - A. natural
 - B. thermal
 - C. conductive
 - D. mechanical
 - E. all of the above

4. Which of the following heating methods will **FAIL** to heat a material that has no moisture content?
 - A. infrared
 - B. microwave
 - C. conduction
 - D. convection
 - E. all of the above

5. Which of the following is the **TRUE** descending order (from highest temperature to lowest) of the three methods to cook food in water or a seasoned and flavored liquid?
- A. boil → simmer → poach
 - B. simmer → poach → boil
 - C. poach → boil → simmer
 - D. fry → boil → simmer
 - E. none of the above
6. Which of the following statements about roasting is **TRUE**?
- A. It is essential that you never cover the meat while it is roasting.
 - B. Roasting and baking are two entirely different cooking processes.
 - C. Never change the position of the roast in the oven once it has started cooking.
 - D. Roasts cooked in the back of the oven cook more slowly because the back of the oven is not as hot as the front.
 - E. all of the above
7. A slow, moist-heat cooking method using a small amount of liquid known as _____ and the vegetables are not always cooked in fat before liquid is added.
- A. Braising
 - B. Deep-fry
 - C. Pan-fry
 - D. Broiling
 - E. Au gratin
8. In the beginning of several cooking method require _____ which means cooking quickly in a small amount of fat. The product is often tossed or flipped in the pan over high heat.
- A. Boiling
 - B. Steaming
 - C. Shocking
 - D. Sautéing
 - E. Pan-frying
9. In 'Sauce' making preparation, _____ is to "finish with butter." Which is adding a few pieces of softened butter to the hot sauce, swirl them in until melted and the sauce should then be served immediately.
- A. Maître d'hôtel butter
 - B. Maître au buerre
 - C. Monte d'hôtel butter
 - D. Monte au buerre
 - E. Monte d'hôtel buerre

10. _____ is a cooked mixture of equal parts by weight of fat and flour.
- A. Liaison
 - B. Roux
 - C. Buerre manie
 - D. Buerre noir
 - E. Buerre noisette
11. _____ is a mixture of equal parts soft, raw butter and flour worked together to form a smooth paste.
- A. Liaison
 - B. Roux
 - C. Buerre manie
 - D. Buerre noir
 - E. Buerre noisette
12. _____ is a mixture of egg yolks and cream, used to enrich and lightly thicken a sauce or other liquid.
- A. Liaison
 - B. Roux
 - C. Buerre manie
 - D. Buerre noir
 - E. Buerre noisette
13. _____ is a stock reduced until it coats the back of a spoon.
- A. Remouillage
 - B. Demi glaze
 - C. Dashi
 - D. Fond
 - E. Reduction
14. In 'Stocks' making preparation, the purpose of _____ is to rid them of the impurities that cause cloudiness. The bones of young animals, especially veal and chicken, are highest in impurities that cloud and discolor stocks.
- A. Cold water
 - B. Mirepoix
 - C. Sachet
 - D. Bouquet garni
 - E. Blanching bones

15. If you observed Chef Adam preparing a soup with a food mill or immersion blender, it is likely that the soup she is preparing is a _____.
- A. chowder
 - B. purée soup
 - C. cream soup
 - D. consommé
 - E. either b or c
16. Puréed soups are _____.
- A. relatively difficult to prepare
 - B. often made with high-starch vegetables
 - C. smoother and more refined than cream soups
 - D. clear soup
 - E. all of the above
17. Minestrone, gazpacho, and borscht are examples of _____ soups.
- A. clear
 - B. low fat
 - C. national
 - D. vegetarian
 - E. none of the above
18. _____ is where to enhancing the natural flavor of a food without significantly changing its flavor, this technique especially for liquid foods is at the end of the cooking process.
- A. Seasoning
 - B. Flavoring
 - C. Herbs
 - D. Spices
 - E. Coloring
19. Which of the following is **NOT** a standard of quality for sauces?
- A. flavor
 - B. piquancy
 - C. appearance
 - D. consistency and body
 - E. none of the above
20. An emulsion is a(n) _____.
- A. uniform mixture of two unmixable liquids
 - B. mixture that has been boil, cooled, and the boiled again
 - C. solid ingredient thoroughly mixed into a liquid ingredient
 - D. liquid that has enough body to stick to the back of a spoon
 - E. none of the above

SECTION B: (30 marks)

Instructions: This section consists of **FIFTEEN (15)** questions. Answer **ALL** questions in the answer script provided.

1. A tiny appetizer or hors d'oeuvre offered to guests seated at their tables. Compliments of the chef. It is offered either before or after they have ordered from the menu. It is an opportunity to showcase an aspect of the chef's cooking style and talent and to welcome the guests. This hors d'oeuvre refers to _____.
2. Another most common ways of serving hors d'oeuvres are: _____.
It is offered to guests by service staff carrying small trays as they pass among the assembled group.
3. _____ may be defined as bite-size open-faced sandwiches and are perhaps the most traditional and also the most modern of hors d'oeuvres. Most of it consists of three parts: base, spread, garnish.
4. _____ is a small food item intended to be eaten with wine or other drinks, usually in taverns and bars. Spanish term means "lid." The original is thought to be a small bit of food.
5. Roman garlic bread consisting of a slice of Italian bread that is toasted, rubbed with crushed garlic, and drizzled with olive oil. The best-known topping is a seasoned mixture of diced fresh tomatoes and olive oil. This signature item known as _____.
6. A well-marbled prime (top grade) steak tastes "beefier" than the same cut of a lower grade because it contains more _____.
7. Adding fat to the surface of a meat to protect it from drying out during the cooking process is known as _____.
8. The most important factor that determines the tenderness of a class of poultry:
_____.
9. The part of a chicken that is lowest in fat and quickest cooking: _____.
10. Castrated male chicken raised for its tender, flavorful flesh: _____.
11. _____ is tying the legs and wings of poultry against the body to make a compact unit for cooking.
12. A chicken that is allowed to move freely outdoors while being raised:
_____.
13. Frozen fish should be stored at a temperature of _____.
14. The abbreviation I.Q.F., when applied to shrimp, means _____.
15. Shrimp sizes are usually indicated by _____.

SECTION C: Short answers (50 marks)

Instruction: This section consists of **FIVE (5)** questions. Answer **ALL** questions in the answer booklet.

Question 1

Fat is a fuel for the body, and the main form of fat is triglycerides. There are two main types of fat in food, saturated and unsaturated. Saturated fat is solid at room temperature, while unsaturated fats are liquids, or oils at room temperature. Saturated fat causes heart disease and high cholesterol in the blood. Unsaturated fat is healthier for the body, and helps reduce blood cholesterol levels.

- a. Fats may be classified as: Saturated, Monounsaturated, Polyunsaturated. Explain what is Saturated fats (5 marks)
- b. Describe the meaning of Cholesterol. (3 marks)
- c. State the effect of heat on fats. (2 marks)

(TOTAL 10 MARKS)**Question 2**

The importance of “Stocks” in the kitchen is indicated by the French word for stock: *fond*, meaning “foundation” or ‘base’. In classical cuisine, the ability to prepare good stocks is the most basic of all skills because so much of the work of the entire kitchen depends on them.

- a. Define “Stocks”. (2 marks)
- b. Explain **EIGHT (8)** procedures for preparing chicken stock. (8 marks)

(TOTAL 10 MARKS)**Question 3**

In the simplest of terms, the discipline of heat transfer is concerned with only two things: temperature, and the flow of heat. Temperature represents the amount of thermal energy available, whereas heat flow represents the movement of thermal energy from place to place.

- a. Describe the word ‘Heat’, and explain **THREE (3)** principle of heat transfer (7 marks)
- b. Define ‘Temperature’, and briefly explain the temperature danger zone. (3 marks)

(TOTAL 10 MARKS)

Question 4

Vegetables were, at once time, abused and neglected, relegated to the minor role of unimportant side dishes, to be taken or left, or not even noticed on the table. Today, however, lowly vegetables are much more appreciated, not only for their nutritional importance but for the variety, flavor, eye appeal, and even elegance and sophistication they bring to the menu.

- a. While cooking, important to control the quality because due to changes and effects the vegetables in four ways. State the **TWO (2)** changes. (2 marks)
- b. Define the term 'al dente' in vegetables cookery. (2 marks)
- c. Other than quality, Flavor also can be loss while cooking. Explain any **THREE(3)** methods to control flavor loss in vegetables cookery. (6 marks)

(TOTAL 10 MARKS)

Question 5

Soups can be divided into three basic categories: clear, or unthicken soups, thick soup and special soups that don't fit the first two categories. Most of these soups, no matter what their final ingredients may be, are based on stocks. Thus, the quality of the soup depends on the stocks-making skills.

- a. Define:
 - i. Cream Soups
 - ii. Puree
 - iii. Consommé(6 marks)
- b. Explain the steps in preparing pureed soup. (4 marks)

(TOTAL 10 MARKS)

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