

101305T4FBC

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/05/5/A

Prepare Cuts of Meat

Nov/ Dec 2024



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO THE CANDIDATE

1. The paper consists of **TWO** sections: **A** and **B**.
2. Marks for each question are indicated in the brackets.
3. Candidates are provided with a separate answer booklet
4. **DO NOT** write on this question paper.

This paper consists of THREE (3) printed pages.

**Candidates should check the question paper to ascertain that
All pages are printed as indicated and that no questions are missing.**

SECTION A: (40 MARKS)

Answer ALL the questions in this section

1. The word 'poultry' refers to all domestic fowl (birds) bred for food. Name **four** types of poultries used as meat. (4 marks)
2. Marination is one of the best methods of tenderizing meats as well improve the flavour. State **four** ingredients that are used when marinating the chicken meat. (4 marks)
3. A carcass of beef has many cuts. List **four** cuts that are obtained from beef carcass meat. (4 marks)
4. Chicken has several cuts that are easily identified when preparing chicken dishes. List **three** cuts of chicken. (3 marks)
5. Chef Nashon from Marina hotel instructed the mentees to practice on skills associated with preparation of poultry. Identify **three** of these skills. (3 marks)
6. HACCP is the most important aspect of controlling contaminations and ensure that food in kitchen especially meats are handled carefully. Give the full meaning of HACCP as used in kitchen. (2 marks)
7. There are various classifications of fish. Identify **four** types of oily fish. (4 marks)
8. Sweetbreads are part of the proteins that a chef can prepare for the guests. List **four** quality points to consider when purchasing sweetbreads. (4 mark)
9. Meat preparations involve use of several equipment. Name any **four** equipment that are used during meat preparation. (4 marks)
10. Offal is a term used to denote the inner parts of animal such as lamb, beef that are used as protein meats. List any **four-beef** offal. (4 marks)
11. Marine and freshwater fish were a crucial part of man's diet long before cultivated vegetables and domestic livestock were used for food. They were relatively easy to catch and eat and predominantly eaten raw. Name any **four** cuts of fish that are used in cookery. (4 marks)

SECTION B: (60 MARKS)

Answer Any THREE questions in this section

12. The correct storage of poultry is important for food safety.
- a) Highlight **four** best ways of storing poultry to avoid spoilage. (4 marks)
 - b) Meat and offal should be stored covered with cling film, labelled with appropriate information about the product and the use by date. Identify how **four** types of meats are stored giving the correct period of storage. (8 marks)
 - c) Mr. Wafula is a catering manager in a busy fish joint. Explain the **four** quality points he should consider when purchasing fish. (8 marks)
13. Fish deteriorates quickly; over many years different ways have been sought to preserve fish for longer.
- a) Explain **five** ways that fish is preserved. (10 marks)
 - b) Preventing cross contamination, colour coded chopping boards are used during preparation and after cooking meats. Discuss **five** types of chopping boards giving their functions. (10 marks)
14. Tools and equipment may vary slightly for each of type of fish preparation. However, there is basic equipment that will be needed.
- a) Giving the function to each, identify **five** equipment used during fish preparation. (10 marks)
 - b) Highlight **five** good-qualities of chicken. (5 marks)
 - c) Outline **five** qualities to look into when buying whole fresh fish. (5 marks)
15. There are more than 20,000 species of fish in the world's seas, yet we use only a fraction of these. This may be because certain types are neither edible nor ethical.
- a) Highlight four quality points to consider when selecting shellfish for cookery. (4 marks)
 - b) Meat is considered to be the flesh of an animal used as food; fish and poultry are not usually called meat. Explain **four** factors affecting the tenderness of a cut of beef. (8 marks)
 - c) Discuss **four** ways of tenderizing beef. (8 marks)

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