

101305T4FBC

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/06/5

Cook Meats and Sauces

July /August 2025



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

WRITTEN ASSESSMENT

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE

1. This paper consists of **TWO** sections: **A** and **B**.
2. Attempt **ALL** questions in section **A** and **ANY THREE (3)** questions in section **B**.
3. Marks for each question are indicated in the brackets.
4. Candidates are provided with a separate answer booklet
5. Do not write on the 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)

Attempt ALL the questions in this section.

1. Offal is the name given to the edible parts taken from the inside of a carcass of meat. List FOUR types of offal that can be prepared in kitchen. (4 Marks)
2. To prepare fish, you will need several tools and equipment. Identify FOUR tools and equipment you would use to prepare grilled fish. (4 Marks)
3. Storing meat in a suitable condition is crucial. State FOUR precautions to be taken while storing meat. (4 Marks)
4. Poultry can be cut into several portions ready for cooking. Identify FOUR cuts for poultry. (4 Marks)
5. Fish is an excellent source of essential nutrients. Name FOUR nutritional value obtain from a tilapia fish. (4 Marks)
6. When selecting seafood, it's crucial to consider several factors to ensure that you're making sustainable, healthy, and ethical choices. State FOUR factors to consider when selecting seafood. (4 Marks)
7. There are major different between a fish and chicken meat. Identify FOUR differences between chicken and fish. (4 Marks)
8. Quality pork meat can be identified through various signs. List FOUR signs of good quality pork meat. (4 Marks)
9. Food poisoning has become common in hospitality industry. Name FOUR method of preserving meat. (4 Marks)
10. Personal protective equipment (PPEs) are the requirements in the kitchen. Identify FOUR reasons for wearing PPEs in a kitchen. (4 Marks)

SECTION B (60 MARKS)

Attempt Any THREE Questions in This Section

11. When preparing food in kitchen the head chef should ensure that hygiene is observed to produce quality food.
- a. Describe FIVE factors that determine the tenderness of a meat. (10 Marks)
 - b. Explain FIVE rules to be observed that should avoid food poisoning. (10 Marks)
12. Safety is key in the kitchen, especially when it comes to cutting meats.
- a. Describe FIVE classifications of meats naming their unique characteristics. (10 Marks)
 - b. Explain FIVE importance of employing safety and accuracy techniques when handling different types of meat. (10 Marks)
13. Mr. Oloo was assigned to train some students on how to cook meats well and how to practice hygiene.
- a. Explain FIVE importance of hygienically handling meats to ensure food safety. (10 Marks)
 - b. Describe FIVE cooking methods commonly used to prepare seafood. (10 Marks)
14. Before preparing meat, thawing is essential to maintain its quality and safety.
- a. Describe FIVE methods of thawing foods. (10 Marks)
 - b. Name FIVE joints(part) of lamb giving method of preparation. (10 Marks)