

101305T4FBC

FOOD PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/06/5/A

Cook Meats and Sauces

March/April 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. Answer **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)**

*Answer ALL the questions in this section.*

1. Fresh and clean meats should be used when preparing various meat dishes in the Kitchen. List Any FOUR methods of safely storing fresh meats for later use. (4Marks)
2. When preparing meats in the kitchen, spices and herbs are added to enhance flavour. Name FOUR different types of spices and herbs used in beef preparation. (4Marks)
3. They insisted that fish has very little connective tissues. Record FOUR advantages of the little connective tissues. (4Marks)
4. As you were preparing for the end of term practical exams, the trainer instructed you collect all tools and equipment in advance. Identify FOUR Preparation equipment used when preparing fresh fish. (4Marks)
5. In a function, a chef was to portion 10 chicken to serve 100 guests. Identify any FOUR different types of chicken parts. (4Marks)
6. Tissues plays a major role in meats which includes making meats soft or tough during cooking. Name FOUR components of muscle tissue in meats. (4Marks)
7. Meats can be classified according to the source and the colour of meat. Differentiate between Red and White Meats. (4Marks)
8. When receiving meat from a supplier for use, a number of quality factors must be observed. Name any FOUR qualities of good quality fresh Meat (4Marks)
9. The cooking of food involves heating it in a variety of ways to cook and make it more palatable. Identify FOUR Heat is transfer methods used during cooking. (4 Marks)
10. During a Farm Visit by your class members, a number of animals were cited in the farm yard. Record the names of meat from the following FOUR animals. (4Marks)

- Sheep
- Pig
- Cow
- Goat



**SECTION B (60 MARKS)**

*Answer Any THREE Questions in This Section.*

11. After finishing your studies, you have been employed as the saucier in charge of preparation and cooking of meat products at a wedding ceremony.
- a. Differentiate Between Marinating and seasoning (4Marks)
  - b. Discuss FOUR factors that determines tenderness of meat. (8Marks)
  - c. Discuss FOUR methods of cooking beef to be used during a wedding ceremony. (8Marks)
12. A well-cooked, flavoured and presentable meal depends on different aspects e.g. equipment used, types of meat, and ingredients among others.
- a. Identify FOUR equipment used for preparing various types of meats (4Marks)
  - b. Explain FOUR Factors to consider for when preparing meat dishes. (8 Marks)
  - c. Describe FOUR health points relating to fish preparation and cookery. (8Marks)
13. Method of cooking used for every meat determines the flavour, garnish and the way of presenting after cooking.
- a. Differentiate between roasted beef and grilled beef (4Marks)
  - b. Mention SIX Basic Methods used in preparing meat dishes. (6Marks)
  - c. Discuss FIVE Ingredients used for making a stewed beef. (10 Marks)
14. A visit to the national game park cannot be complete without taking a meal of game meat. Due to the activity and terrain in game parks, game meat can have characteristics different from domestic animals' meat.
- a. Report Any FIVE Ways of Tenderizing Meats. (5Marks)
  - b. Identify Any FIVE characteristics of Game Meats. (5Marks)
  - c. Illustrate FIVE cooking methods for Sea Fish. (10 Marks)

