

**101305T4FBC**

**FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5**

**HOS/OS/FP/CR/06/5**

**Cook Meats and Sauces**

**November /December 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. Meat cooking requires the correct temperature so as to give final quality and desired product. List FOUR degrees of cooking grilled meat (4 Marks)
2. Meat dishes need to be accompanied with the appropriate sauce. Identify FOUR sauces that can serve meat dishes. (4 Marks)
3. Storing meat in a suitable condition is crucial. State FOUR precautions to be taken while storing meat. (4 Marks)
4. Chicken for sauté use can be cut into different portions. Identify FOUR poultry cuts. (4 Marks)
5. Fish is an excellent source of essential nutrients. Name FOUR nutrients obtained from a tilapia fish. (4 Marks)
6. Fish can be cooked in many ways depending with chef's preference and customer demand. State FOUR reasons for coating fish fillets before deep frying. (4 Marks)
7. As culinary trainee specializing in meat and sauces. Mention FOUR reasons for cooking food (4 Marks)
8. You have been assigned to purchase pork for a weekly supply at workplace. List FOUR signs of good quality pork meat. (4 Marks)
9. To avoid food poisoning, Caterers need to practice appropriate meat preservation methods. Name FOUR method of preserving meat. (4 Marks)
10. Seafood can be classified into different categories. Distinguish between cockles and mussels (4 Marks)

**SECTION B (60 MARKS)**

***Answer Any THREE Questions in This Section***

11. During food preparation a chef must be keen on hygiene and safety rules while working in the kitchen.
- a) Describe FIVE rules to observe when deep frying meats. (10 Marks)
  - b) Explain FIVE rules to be observed to avoid food poisoning. (10 Marks)
12. During preparation of cuts of meats safety is key in the kitchen.
- a) Describe FIVE preparation methods used in preparing meat dishes. (10 Marks)
  - b) Explain FIVE advantages of employing safety and accuracy techniques when handling different types of meat. (10 Marks)
13. Pinkney restaurant chef require to conduct training on hygiene and cooking methods..
- a) Explain FIVE reasons for handling meat hygienically during meat preparation. (10 Marks)
  - b) Describe FIVE cooking methods commonly used to prepare seafood. (10 Marks)
14. You have been assigned to train new staff recently employed at the hotel on meat preparation techniques.
- a) Explain FIVE factors to consider when preparing meat dishes. (10 Marks)
  - b) Identify FIVE joints(part) of a lamb and in each case give an appropriate cooking method. (10 Marks)