



ZIMBABWE

**MINISTRY OF HIGHER AND TERTIARY EDUCATION,
INNOVATION, SCIENCE AND TECHNOLOGY
DEVELOPMENT**

**HIGHER EDUCATION EXAMINATIONS COUNCIL
(HEXCO)**

NATIONAL CERTIFICATE

IN

PROFESSIONAL COOKERY

MODULE: Food Preparation Theory

PAPER NO: 372/22/M03A

DURATION: 2 Hours

MAY/JUNE 2025 EXAMINATION

REQUIREMENTS

INSTRUCTIONS TO CANDIDATE

1. Answer all questions.
2. Start each question on a fresh page.

QUESTION 1

- (a) Indicate any two reasons for wearing a complete and proper uniform in the kitchen. (2 marks)
- (b) Explain the following heat transfer methods
- (i) Radiation (2 marks)
- (ii) Convectional (2 marks)
- (c) Suggest any two common characteristics of non-commercial sectors of tourism and hospitality. (2 marks)
- (d) Give one use of the following pieces of equipment
- (i) pallete knife (1 mark)
- (ii) Dredger (1 mark)

QUESTION 2

- (a) State the cooking time for the following types of stocks: -
- (i) Fish stock (1 mark)
- (ii) Brown beef stock (1 mark)
- (b) Suggest three reasons why stocks become cloudy (3 marks)
- (c) Enumerate any three points to note when preparing stocks (3 marks)
- (d) Define stock (2 marks)

QUESTION 3

- (a) Identify any five classes of soups. (5 marks)
- (b) Suggest any five thickening agents that are used when preparing soups and sauces. (5 marks)

QUESTION 4

- (a) Highlight any four reasons why mayonnaise curdles during preparation. (4 marks)
- (b) (i) Differentiate between bechamél sauce velouté sauce. Give two differences of each. (4 marks)
- (ii) Enumerate any two uses of sauces in food preparation. (2 marks)

QUESTION 5

- (a) Classify fish giving one example for each. (6 marks)
- (b) Name any three (3) derivatives of fish meunière. (3 marks)
- (c) Suggest one (1) accompaniment for grilled pork. (1 mark)

QUESTION 6

- (a) Highlight any four common points to be considered when purchasing beef. (4 marks)
- (b) State three degrees of cooking grilled meats both in English and French. (6 marks)

QUESTION 7

- (a) Identify any four examples of game meats commonly consumed in hotels. (4 marks)
- 9b) Give three reasons why game meat is important in the diet. (6 marks)

QUESTION 8

- (a) Enumerate any five (5) cuts that are obtained from pork carcass. (5 marks)
- (b) State any five chicken dishes. (5 marks)

QUESTION 9

- (a) Define veal. (2 marks)
- (b) Highlight any five methods of preserving meats. (5 marks)
- (c) Translate the following to English: -

- | | |
|---------------------|----------|
| (i) Mignon | (1 mark) |
| (ii) Tournedos | (1 mark) |
| (iii) Chateaubriand | (1 mark) |

QUESTION 10

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| (a) Describe four characteristics of fresh sea foods. | (4 marks) |
| (b) Explain the preparation of shellfish and give one menu example. | (3 marks) |
| (c) Give three compound butter sauces used to accompany grilled lamb dish. | (3 marks) |

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