

SMARTWIZ

GRADE 10 HOSPITALITY STUDIES EXAM

MARKS: 150

MARKS	

TIME: 2 hour

SCHOOL _____

CLASS (e.g. 10A) _____

SURNAME _____

NAME _____

MYST PATHWORKS

Instructions for Students:

- > Read all instructions carefully before beginning the exam.
- > Write your name and student ID clearly on the answer sheet/booklet.
- > Answer all questions unless otherwise stated.
- > Show all your work/calculations where applicable.
- > Write clearly and legibly.
- > Use blue or black ink only. * Do not use correction fluid/tape.
- > No electronic devices (calculators, phones, etc.) are allowed unless explicitly permitted.
- > Raise your hand if you have any questions.
- > Do not talk to other students during the exam.
- > Any form of cheating will result in disqualification.

GRADE 10 HOSPITALITY STUDIES – EXAMINATION PAPER

Total: 150 Marks

Time: 2 Hours

QUESTION 1: MULTIPLE CHOICE

(10 × 2 = 20)

Circle the correct letter (A–D) next to the question number.

1.1 The main function of carbohydrates is to:

- A. Build muscles
 - B. Strengthen bones
 - C. Provide energy
 - D. Help vision
-

1.2 A chef should taste food using:

- A. Their fingers
 - B. A clean spoon
 - C. A fork
 - D. The cooking spoon
-

1.3 Which vitamin helps prevent scurvy?

- A. Vitamin A
 - B. Vitamin C
 - C. Vitamin D
 - D. Vitamin K
-

1.4 A bain-marie is used to:

- A. Fry food
 - B. Roast meat
 - C. Keep food warm
 - D. Freeze food
-

1.5 The correct temperature to store frozen foods is:

- A. -18°C
- B. 0°C

- C. 10°C
 - D. 5°C
-

1.6 Which of the following is NOT a dry heat cooking method?

- A. Baking
 - B. Steaming
 - C. Roasting
 - D. Grilling
-

1.7 A fire blanket is used for:

- A. Cleaning spills
 - B. Putting out oil fires
 - C. Drying dishes
 - D. Extinguishing gas leaks
-

1.8 Before starting to cook, you should:

- A. Sweep the floor
 - B. Wear perfume
 - C. Wash your hands
 - D. Use a fan
-

1.9 An example of a perishable food is:

- A. Flour
 - B. Sugar
 - C. Milk
 - D. Rice
-

1.10 A full-time job in the hospitality industry usually involves:

- A. 2 hours a day
 - B. 5 hours a week
 - C. 8 hours a day
 - D. No uniform
-

[20 marks]

QUESTION 2: MATCHING ITEMS IN A TABLE

Match the terms in **Column A** with their correct definitions in **Column B**. Write only the letter (A–J) next to the number.

Column A	Column B
2.1 Grill	A. A nutrient that builds the body
2.2 Protein	B. Removes waste from the body
2.3 Refrigerator	C. Burns on direct heat
2.4 Hygiene	D. Kept at 0–5°C
2.5 Fire hazard	E. Clean practices for health
2.6 Boiling	F. Cooking in bubbling water
2.7 Housekeeping	G. Keeping guest areas clean
2.8 Apron	H. Part of a uniform
2.9 Utensils	I. Can cause burns or flames
2.10 Fibre	J. Spoons, knives, and peelers



[20 marks]

QUESTION 3: KITCHEN SAFETY AND FIRST AID

Answer the questions below.

3.1 Name any four safety rules to follow in the kitchen.

3.2 What steps should be taken if someone gets a minor burn in the kitchen?

3.3 Identify two examples of electrical hazards in the kitchen.

3.4 Why is it important to label cleaning chemicals?

[20 marks]

QUESTION 4: FOOD STORAGE

Answer the following questions about food storage.

4.1 List two foods that must be stored in a fridge.

4.2 Give three reasons why correct food storage is important.

4.3 Explain what FIFO stands for and why it is used.

4.4 Name two signs that food has gone bad.

[20 marks]

QUESTION 5: FOOD PREPARATION TECHNIQUES

5.1 What is the difference between simmering and boiling?

5.2 Mention any three tools used to prepare vegetables.

5.3 Name and explain two moist-heat cooking methods.

5.4 What do we mean by “mise en place”?

[20 marks]

QUESTION 6: HOSPITALITY INDUSTRY CAREERS

6.1 List four career paths in the hospitality industry.

6.2 What are three duties of a waiter?

6.3 Name three personal qualities needed for working in hospitality.

[15 marks]

QUESTION 7: NUTRITION BASICS

7.1 Define a balanced diet.

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7.2 Name the six basic food groups.

7.3 Give one function and one example of each:

- a) Carbohydrates
- b) Proteins
- c) Fats

[15 marks]

TOTAL: 150 MARKS

MEMORANDUM – GRADE 10 HOSPITALITY STUDIES

Total: 150 Marks

QUESTION 1: MULTIPLE CHOICE

(Each correct answer = 2 marks)

- 1.1 C ✓
- 1.2 B ✓
- 1.3 B ✓
- 1.4 C ✓
- 1.5 A ✓
- 1.6 B ✓
- 1.7 B ✓
- 1.8 C ✓
- 1.9 C ✓
- 1.10 C ✓

[20 marks]

QUESTION 2: MATCHING ITEMS

(Each correct match = 2 marks)

- 2.1 C ✓
- 2.2 A ✓
- 2.3 D ✓
- 2.4 E ✓
- 2.5 I ✓
- 2.6 F ✓
- 2.7 G ✓
- 2.8 H ✓
- 2.9 J ✓
- 2.10 B ✓

[20 marks]

QUESTION 3: KITCHEN SAFETY AND FIRST AID

3.1 (Any $4 \times 2 = 8$)

- Wipe up spills immediately ✓
- Use dry hands when handling appliances ✓
- Do not leave cooking food unattended ✓
- Keep knives sharp and handle with care ✓

3.2 (Any $1 \times 4 = 4$)

- Cool the burn under cold running water ✓
- Do not apply butter or ointments ✓
- Cover with a clean, non-stick dressing ✓

3.3 (Any $2 \times 2 = 4$)

- Frayed cords
- Wet hands using plug sockets

3.4 ($1 \times 4 = 4$)

- To prevent misuse or accidental poisoning ✓

[20 marks]

QUESTION 4: FOOD STORAGE

4.1 (Any $2 \times 2 = 4$)

- Milk
- Cheese

4.2 (Any $3 \times 2 = 6$)

- Prevent spoilage ✓
- Avoid food poisoning ✓
- Maintain quality ✓

4.3 ($1 \times 4 = 4$)

- FIFO: First In, First Out.
- Ensures older stock is used first to prevent waste. ✓

4.4 (Any $2 \times 3 = 6$)

- Bad smell ✓
- Mould growth ✓

[20 marks]

QUESTION 5: FOOD PREPARATION TECHNIQUES

5.1 ($1 \times 4 = 4$)

- Simmering: gentle, just below boiling point
- Boiling: vigorous bubbles and high temperature ✓

5.2 (Any $3 \times 2 = 6$)

- Peeler ✓
- Knife ✓
- Grater ✓

5.3 (Any $2 \times 4 = 8$)

- Steaming: cooking with steam
- Boiling: cooking in boiling water ✓

5.4 ($1 \times 2 = 2$)

- “Mise en place” means “everything in its place” – preparation done before cooking ✓

[20 marks]

QUESTION 6: HOSPITALITY INDUSTRY CAREERS

6.1 (Any $4 \times 1 = 4$)

- Chef
- Waiter
- Front desk officer
- Housekeeper ✓

6.2 (Any $3 \times 2 = 6$)

- Take orders ✓
- Serve food and drinks ✓
- Clean tables ✓

6.3 (Any $3 \times 1 = 3$)

- Friendly ✓
- Good hygiene ✓
- Teamwork ✓

[15 marks]

QUESTION 7: NUTRITION BASICS

7.1 ($1 \times 4 = 4$)

- A balanced diet contains the correct proportions of all nutrients needed by the body. ✓

7.2 (Any $6 \times 1 = 6$)

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals
- Water ✓

7.3 (3×1 mark for function + 1 mark for example = 6)

- a) Carbohydrates – provide energy; e.g. rice
- b) Proteins – build and repair tissue; e.g. meat
- c) Fats – provide energy and insulation; e.g. butter ✓

[15 marks]

TOTAL = 150 MARKS ✓