

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 – EXAM PAPER

Marks: 150 | Time: 2 Hours

QUESTION 1: MULTIPLE CHOICE [$10 \times 2 = 20$ MARKS]

CIRCLE the correct answer and write only the letter (A–D) BELOW IN THE SPACE PROVIDED

1.1 What is the main purpose of mise-en-place in a kitchen?

- A. Washing dishes
- B. Cleaning floors
- C. Preparation before cooking
- D. Decorating the table

1.2 Which type of knife is best for slicing bread?

- A. Chef's knife
- B. Serrated knife
- C. Paring knife
- D. Boning knife

1.3 Cross-contamination occurs when:

- A. Foods are served warm
- B. Uncooked and cooked food mix
- C. Salt is added during cooking
- D. Food is stored in fridges

1.4 What is the correct temperature for a fridge?

- A. 25°C
- B. 0°C
- C. -18°C
- D. 4°C

1.5 Which of the following is a personal hygiene rule?

- A. Wearing long nails
- B. Smoking in the kitchen
- C. Washing hands before handling food
- D. Sneezing over food

1.6 What is the function of protein in the diet?

- A. Gives energy
- B. Builds and repairs body tissues
- C. Protects from illness
- D. Adds flavour

1.7 The best way to prevent food spoilage is:

- A. Leaving food uncovered
- B. Refrigeration
- C. Cooking at low heat
- D. Using dirty equipment

1.8 Which of the following is a dry-heat cooking method?

- A. Boiling
- B. Steaming
- C. Grilling
- D. Poaching

1.9 A vegetarian diet excludes:

- A. Cheese
- B. Fruits
- C. Meat
- D. Eggs

- 1.10 Hospitality refers to:
- A. Selling tickets
 - B. Taking care of guests' needs
 - C. Fixing hotel doors
 - D. Delivering groceries

QUESTION 2: MATCHING ITEMS [10 MARKS]

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

Column A (TERM)	Column B (DEFINITION)
2.1 Cross-contamination	A. Protein-rich food group
2.2 FIFO	B. Cuts into long thin strips
2.3 Hygiene	C. Prevents bacteria from spreading
2.4 Julienne cut	D. Hand-washing and cleanliness
2.5 Poultry	E. Cook food in hot fat
2.6 Deep-fry	F. A type of white meat
2.7 Simmer	G. Cooking just below boiling point
2.8 Utensils	H. Use the oldest items first
2.9 Garnish	I. Decorate a plate or dish
2.10 Bacteria	J. Tiny microorganisms in food

Example: 2.1 ____

2.2 ____

... and so on until 2.10

QUESTION 3: KITCHEN SAFETY AND HYGIENE [20 MARKS]

3.1 State **two** examples of poor personal hygiene in the kitchen.

3.2 Explain why wearing gloves while handling ready-to-eat food is important.

3.3 List **three** ways to keep a kitchen clean and hygienic.

3.4 Define the term **cross-contamination**.

3.5 Why is it important to label food when storing it in the fridge?

QUESTION 4: NUTRITION [20 MARKS]

4.1 List the **six classes of nutrients** needed by the human body.

4.2 Give one example of a **carbohydrate-rich** food.

4.3 Explain the function of **fats** in the body.

4.4 Why is water considered an essential nutrient?

4.5 What would happen if a person does not get enough protein?

QUESTION 5: KITCHEN EQUIPMENT [30 MARKS]

KITCHEN



5.1 Identify and name **TWO** large kitchen appliances.

5.2 Why is stainless steel commonly used in kitchen equipment?

5.3 List **three** small kitchen appliances and their uses.

5.4 Explain the difference between **manual** and **electrical** equipment.

5.5 Give **TWO safety rules** when using electrical appliances in the kitchen.

QUESTION 6: CAREERS IN HOSPITALITY [30 MARKS]

6.1 Name **two** careers in the food and beverage sector.

6.2 Describe the role of a **chef de partie**.

6.3 Why are good communication skills important in hospitality?

6.4 What is meant by **front of house** and **back of house** in a hotel?

6.5 Give **two** reasons why teamwork is important in the hospitality industry.

6.6 What qualifications or subjects are needed for a career in hospitality?

TOTAL:

150 MARKS



GRADE 10 HOSPITALITY STUDIES – MEMO

Total: 150 Marks

QUESTION 1: MULTIPLE CHOICE [20 MARKS]

- 1.1 C – Preparation before cooking
 - 1.2 B – Serrated knife
 - 1.3 B – Uncooked and cooked food mix
 - 1.4 D – 4°C
 - 1.5 C – Washing hands before handling food
 - 1.6 B – Builds and repairs body tissues
 - 1.7 B – Refrigeration
 - 1.8 C – Grilling
 - 1.9 C – Meat
 - 1.10 B – Taking care of guests' needs
-

QUESTION 2: MATCHING ITEMS [10 MARKS]

- 2.1 C – Prevents bacteria from spreading
 - 2.2 H – Use the oldest items first
 - 2.3 D – Hand-washing and cleanliness
 - 2.4 B – Cuts into long thin strips
 - 2.5 F – A type of white meat
 - 2.6 E – Cook food in hot fat
 - 2.7 G – Cooking just below boiling point
 - 2.8 A – Protein-rich food group
 - 2.9 I – Decorate a plate or dish
 - 2.10 J – Tiny microorganisms in food
-

QUESTION 3: KITCHEN SAFETY AND HYGIENE [20 MARKS]

3.1 Examples:

- Not washing hands
- Long, dirty fingernails
- Wearing jewellery in the kitchen

3.2 Prevents contamination from hands; keeps food safe and hygienic

3.3 Examples:

- Wipe spills immediately

- Clean surfaces regularly
- Sanitize cutting boards

3.4 Cross-contamination is the transfer of bacteria from one food or surface to another.

3.5 To track expiry dates and avoid spoilage or mixing of foods.

QUESTION 4: NUTRITION [20 MARKS]

4.1 Nutrients: Carbohydrates, Proteins, Fats, Vitamins, Minerals, Water

4.2 Example: Rice, bread, maize meal

4.3 Fats provide energy, protect organs, and help absorb vitamins

4.4 Water regulates body temperature and removes waste

4.5 Protein deficiency can lead to stunted growth and muscle loss

QUESTION 5: KITCHEN EQUIPMENT [30 MARKS]

5.1 Examples: Stove, Fridge, Oven

5.2 It is durable, rust-resistant, easy to clean

5.3

- Blender: Mixes and blends liquids
- Toaster: Toasts bread
- Mixer: Mixes dough or batter

5.4 Manual – operated by hand (e.g., whisk); Electrical – uses electricity (e.g., food processor)

5.5 Examples:

- Don't use with wet hands
 - Unplug before cleaning
-

QUESTION 6: CAREERS IN HOSPITALITY [30 MARKS]

6.1 Examples: Waiter, Chef, Food and Beverage Manager

6.2 Chef de partie: A chef in charge of a particular section in the kitchen

6.3 Ensures smooth communication between staff and guests

6.4 Front of house – where guests are served (e.g. reception); Back of house – kitchen, cleaning, storage

6.5

- Tasks get done faster
- Promotes a positive work environment