

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

TOTAL: 150 MARKS

TIME: 2 HOURS

QUESTION 1: MULTIPLE CHOICE

(Circle the correct answer)

(10 × 2 = 20)

1.1 Which method uses dry heat for cooking?

- a) Boiling
- b) Steaming
- c) Baking
- d) Stewing

1.2 Which vitamin is important for healthy skin and vision?

- a) Vitamin D
- b) Vitamin A
- c) Vitamin C
- d) Vitamin K

1.3 What is the correct temperature for storing hot food safely?

- a) 2°C
- b) 37°C
- c) 65°C
- d) 80°C

1.4 What is used to blend and puree food quickly?

- a) Tongs
- b) Grater
- c) Whisk
- d) Food processor

1.5 Which of the following is a personal hygiene rule in the kitchen?

- a) Wear open shoes
- b) Eat near food prep area
- c) Keep nails short and clean
- d) Leave hair loose

1.6 Which of the following is a carbohydrate-rich food?

- a) Eggs
- b) Chicken
- c) Bread
- d) Spinach

1.7 What should be used to dry hands in the kitchen?

- a) Paper towel
- b) Dishcloth
- c) Apron
- d) Oven mitt

1.8 Which of the following is *not* a cleaning agent?

- a) Detergent
- b) Bleach
- c) Vinegar
- d) Salt

1.9 What is the purpose of mise en place?

- a) Cleaning after cooking
- b) Preparing all ingredients before cooking
- c) Serving food
- d) Cleaning the floor

1.10 Which department is responsible for maintaining guest rooms in a hotel?

- a) Front office
- b) Kitchen staff
- c) Housekeeping
- d) Banqueting

MYST PATHWORKS

QUESTION 2: MATCHING TERMS

(Match Column A to Column B. Write only the correct letter next to the number.)

(10 × 2 = 20)

Column A	Column B
2.1. Perishable food	a) A hotel employee who checks in guests
2.2. Grease fire	b) Person who prepares food
2.3. Chef	c) Should be stored in the freezer
2.4. Apron	d) Protective clothing
2.5. Waiter	e) Cannot be extinguished with water
2.6. Receptionist	f) Organised kitchen workspace
2.7. Hygiene	g) Serving food to customers
2.8. Salmonella	h) Found in raw eggs or chicken
2.9. Mise en place	i) Cleanliness and health safety
2.10. Frozen meat	j) Spoils quickly if not stored cold

QUESTION 3: FOOD SAFETY AND SANITATION

(6 × 5 = 30)

3.1 Define the term “cross-contamination” and give one example.

3.2 Explain the difference between cleaning and sanitising.

3.3 List five personal hygiene practices that must be followed in the kitchen.

3.4 Why is it important to store raw and cooked food separately?

3.5 Name five ways to prevent food poisoning in the kitchen.

3.6 What should you do if you spill oil on the kitchen floor?

QUESTION 4: NUTRITION

(5 × 5 = 25)

4.1 List and explain the six main nutrients the body needs.

4.2 Why is it important to drink water every day? (Give 3 reasons)

4.3 Define a balanced diet and give an example of a balanced meal.

4.4 Explain how poor nutrition affects a person's performance at school.

4.5 Identify two food-related health conditions and how to prevent each.

QUESTION 5: KITCHEN TOOLS AND EQUIPMENT

(5 × 4 = 20)

5.1 List four small kitchen equipment items and their uses.

5.2 How do you care for sharp kitchen tools like knives?

5.3 Give two reasons why it's important to clean equipment after use.

5.4 State two dangers of using faulty electrical equipment in the kitchen.

5.5 Name two heavy kitchen equipment and their function.

QUESTION 6: HOSPITALITY CAREERS AND INDUSTRY

(3 × 5 = 15)

6.1 Name five careers in the hospitality industry.

6.2 Describe the role of a housekeeper in a hotel.

6.3 Mention three personal qualities that are important in hospitality and explain why.

END OF QUESTION PAPER

MEMO – GRADE 10 HOSPITALITY STUDIES

QUESTION 1: MULTIPLE CHOICE

(10 × 2 = 20)

- 1.1 c) Baking
 - 1.2 b) Vitamin A
 - 1.3 c) 65°C
 - 1.4 d) Food processor
 - 1.5 c) Keep nails short and clean
 - 1.6 c) Bread
 - 1.7 a) Paper towel
 - 1.8 d) Salt
 - 1.9 b) Preparing all ingredients before cooking
 - 1.10 c) Housekeeping
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QUESTION 2: MATCHING TERMS

(10 × 2 = 20)

- 2.1 j) Spoils quickly if not stored cold
 - 2.2 e) Cannot be extinguished with water
 - 2.3 b) Person who prepares food
 - 2.4 d) Protective clothing
 - 2.5 g) Serving food to customers
 - 2.6 a) A hotel employee who checks in guests
 - 2.7 i) Cleanliness and health safety
 - 2.8 h) Found in raw eggs or chicken
 - 2.9 f) Organised kitchen workspace
 - 2.10 c) Should be stored in the freezer
-

QUESTION 3: FOOD SAFETY AND SANITATION

(6 × 5 = 30)

Accept relevant answers similar to the following:

3.1 Cross-contamination: When bacteria transfer from one surface/food to another.
Example: Cutting raw chicken then using the same knife to cut vegetables without washing.

3.2 Cleaning: Removing dirt or food particles.
Sanitising: Reducing bacteria to a safe level using chemicals or heat.

3.3 Personal hygiene practices:

- Wash hands regularly
- Wear clean uniform
- Keep nails short and clean
- Cover hair
- Do not work when sick

3.4 Prevents bacteria from raw food contaminating cooked food.

3.5 Ways to prevent food poisoning:

- Wash hands
- Cook food thoroughly
- Store food correctly
- Use clean utensils
- Avoid cross-contamination

3.6 Clean it immediately using absorbent material, warn others, and wash the area properly.

QUESTION 4: NUTRITION

(5 × 5 = 25)

4.1 Nutrients:

- Carbohydrates: energy
- Proteins: build/repair tissues
- Fats: energy and insulation
- Vitamins: body functions
- Minerals: bone and teeth health
- Water: hydration

4.2 Importance of water:

- Regulates body temperature
- Helps digestion
- Prevents dehydration

4.3 Balanced diet: A diet containing all nutrients in correct amounts.
Example: Chicken, rice, and vegetables with water.

4.4 Poor nutrition causes tiredness, lack of focus, and weak immunity.

4.5 Conditions:

- Obesity: avoid fatty foods, exercise
 - Diabetes: control sugar intake, eat healthy
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QUESTION 5: KITCHEN TOOLS AND EQUIPMENT

(5 × 4 = 20)

5.1 Examples:

- Whisk: beat eggs
- Peeler: remove skin from vegetables
- Measuring cup: measure liquids
- Grater: grate cheese

5.2 Knife care:

- Wash and dry properly
- Store in knife rack
- Sharpen regularly

5.3 Importance:

- Prevent bacteria
- Maintain hygiene

5.4 Dangers:

- Electric shock
- Fire hazard

5.5 Heavy equipment:

- Oven: bake or roast
- Refrigerator: store perishable items

QUESTION 6: HOSPITALITY CAREERS AND INDUSTRY

(3 × 5 = 15)

6.1 Careers:

- Chef
- Waiter
- Hotel manager
- Housekeeper
- Front desk receptionist

6.2 Housekeeper role:

Cleans rooms, makes beds, replaces linen, reports maintenance issues.

6.3 Qualities:

- Politeness: good customer interaction
- Reliability: guests can depend on them
- Cleanliness: hygiene is important

