



Province of the
EASTERN CAPE
EDUCATION

HOSPITALITY STUDIES

GRADE 11

TERM 2 WEEK 2

FISH WORKSHEET MARKING GUIDELINES

This document consists of 3 pages.

1. Meat and meat alternatives (protein) ✓ (1)
2. Helps lower blood fats ✓ reduces heart disease ✓ (2)
3. Origin ✓ shape ✓ flesh ✓ (3)
- 4.1 (10)

		PICTURE A	PICTURE B
1	Type of fish (shape)	Flat ✓	Round ✓
2	Swimming direction	Horizontal ✓	Vertical ✓
3	Eyes	On same side of head ✓	On each side of head ✓
4	Filletts	4 ✓	2 ✓
5	Flesh	White ✓	White and oily ✓

5. ANY THREE ANSWERS (3)

- Store oil throughout their flesh ✓
- Filletts contain up to 30% oil ✓
- High in Omega 3 fatty acids ✓
- High in Vitamin A and D ✓
- Usually pink in colour ✓

6. ANY FOUR ANSWERS (8)

	CRITERIA	FRESHNESS
1	Smell ✓	Slight sea smell or no odour at all ✓
2	Eyes ✓	Clear and full. Not sunken ✓
3	Gills ✓	Intact and bright red ✓
4	Texture ✓	Firm and springy ✓
5	Fins & scales ✓	Moist and full ✓
6	Appearance ✓	Moist and glistening. No bruising or dark spots ✓

7.

- 7.1 Rollmops ✓ / curried fish ✓ (1)
- 7.2 Smoked salmon ✓ snoek ✓ haddock ✓ (1)
- 7.3 Fish fingers ✓ Fish cakes ✓ (any relevant answer) (1)
- 7.4 Bokkems ✓ Shark biltong ✓ (1)

8. (6)

PICTURE	NAME OF SHELLFISH	CLASSIFICATION
A	Abalone ✓	Mollusc Uni-valve✓
B	Mussels ✓	Mollusc Bi-valve✓
C	Crab ✓	Crustacean ✓

9. Cephalopods ✓ (1)

10.

10.1 Picture A – Butterflied ✓ (1)

Picture B – Filleted ✓ (1)

Picture C – Steak ✓ (1)

10.2

- Cut parallel to the backbone and against the bone from head to tail ✓
- Cut the fillet free from the bone on both ends✓ (2)

10.3 ANY TWO ANSWERS (2)

- At temperature between 0° and 1°C ✓
- Place on ice after being caught✓
- Wrap portioned fish before icing to prevent ice and water from damaging the exposed flesh✓
- Store in the fridge for 1-2 days✓
- Store away from foods that absorb odours✓

11.

11.1 Deep-frying ✓ (1)

11.2 Tartare sauce ✓ (1)

11.3 ANY TWO ANSWERS (2)

- Fish must be coated to prevent it drying out, ✓
- from absorbing too much oil and✓
- from breaking apart. ✓
- Can be coated with batter, milk and flour or crumbed /pane (dipped in flour, egg and breadcrumbs)

11.4 125g-170g ✓ (1)

TOTAL: 50 MARKS