



Province of the
EASTERN CAPE
EDUCATION

HOSPITALITY STUDIES

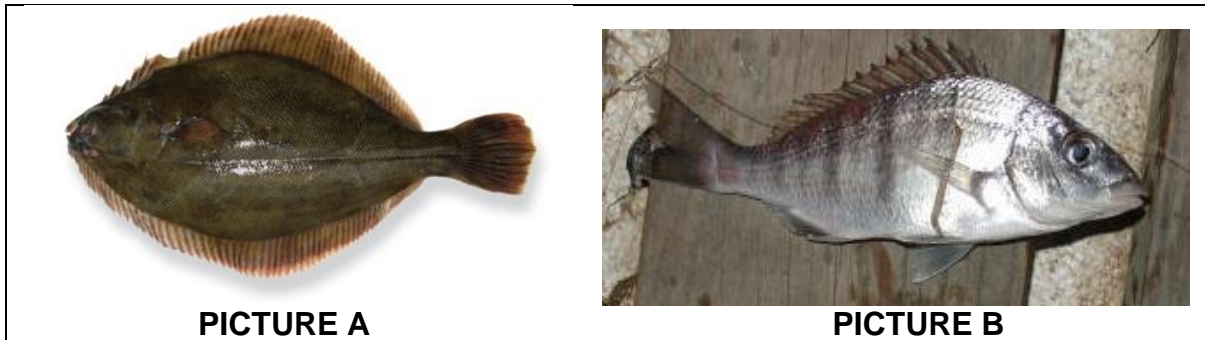
GRADE 11

TERM 2 WEEK 2

FISH WORKSHEET

This document consists of 4 pages.

1. State the food pyramid group that fish belongs to. (1)
2. Give TWO reasons why it is important to include omega 3 fatty oils in your diet (2)
3. Name the THREE ways in which fish is classified. (3)
4. Study the pictures below and answer the questions that follow.



4.1 Differentiate between Picture A and Picture B. Tabulate your answer as follows: (10)

		PICTURE A	PICTURE B
1	Type of fish (shape)		
2	Swimming direction		
3	Eyes		
4	Fillets		
5	Flesh		

5. Mention THREE characteristics of oily fish. (3)
6. List and explain FOUR criteria to look for when purchasing fresh fish. (4x2=8)
7. Give ONE suitable example each of:
 - 7.1 Pickled fish (1)
 - 7.2 Smoked fish (1)
 - 7.3 Frozen processed fish (1)
 - 7.4 Dried / salted fish (1)

8. Study the pictures below and answer the questions that follow.

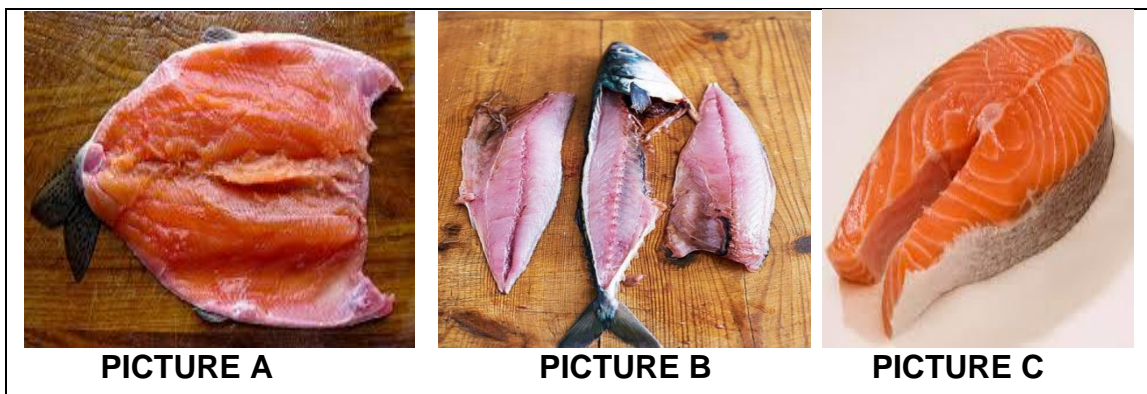


8.1 Identify and classify the shellfish in each picture above. Tabulate as follows: (6)

PICTURE	NAME OF SHELLFISH	CLASSIFICATION
A		
B		
C		

9. Classify octopus into its seafood group. (1)

10. Study the pictures below and answer the questions that follow.



10.1 Identify the purchase form in each picture above. (3)

10.2 Explain how to carry out the preparation method used in Picture B. (2)

10.3 State TWO guidelines to follow when storing the fish in Picture A. (2)

11. Study the picture below and answer the questions that follow.



11.1 Identify the cooking method used in the dish above. (1)

11.2 Suggest a suitable sauce to serve with this dish. (1)

11.3 Mention TWO reasons why fish should be coated before cooking with dry cooking methods. (2)

11.4 Suggest the portion size for the fish in the above dish. (1)

TOTAL: 50 MARKS