



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Ordinary Level

CANDIDATE
NAME

CENTRE
NUMBER

--	--	--	--	--

CANDIDATE
NUMBER

--	--	--	--

* 1 6 0 2 4 0 6 3 7 2 *

FOOD AND NUTRITION

6065/01

Paper 1 Theory

May/June 2009

2 hours

Candidates answer Section A on the Question Paper.

Additional Materials: Answer Booklet/Paper

READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.

Write in dark blue or black pen.

You may use a soft pencil for any diagrams or graphs.

Do not use staples, paper clips, highlighters, glue or correction fluid.

DO NOT WRITE IN ANY BARCODES.

Section A

Answer **all** parts of Question 1.

You are advised to spend no longer than 45 minutes on Section A.

Section B

Answer any **four** questions.

Write your answer on the separate Answer Booklet/Paper provided.

Enter the numbers of the **Section B** questions you have answered in the grid below.

At the end of the examination, fasten all your work securely together.

The number of marks is given in brackets [] at the end of each question or part question.

For Examiner's Use	
Section A	
Section B	X
Total	

This document consists of **6** printed pages and **2** blank pages.



Section A

Answer **all** questions.

For
Examiner's
Use

1 (a) (i) Name the elements which make up fat.

1 2
3 [3]

(ii) Fat can be used to provide the body with energy.

Name **two** other sources of energy.

1 2 [2]

(iii) Identify **four** uses of energy in the body.

1
2
3
4 [4]

(b) Vitamin A and vitamin D are fat-soluble vitamins.

(i) State **three** functions of vitamin A.

1
2
3 [3]

(ii) Name **four** sources of vitamin A.

1 2
3 4 [2]

(iii) Name the deficiency disease associated with a lack of vitamin A.

..... [1]

(iv) State **two** functions of vitamin D.

1
2 [2]

(v) Name **four** sources of vitamin D.

1 2
3 4 [2]

(vi) Name the deficiency disease associated with a lack of vitamin D.

..... [1]

(c) (i) Describe the digestion of fat in the duodenum.

.....
.....
.....
.....
.....
..... [3]

(ii) Describe the absorption of fat in the ileum.

.....
.....
.....
..... [2]

(d) (i) Explain the importance of Non-Starch Polysaccharide/NSP (dietary fibre) in a healthy diet.

.....
.....
.....
.....
.....
.....
.....
..... [4]

(ii) Name **four** good sources of NSP.

1 2

3 4 [2]

(e) Water is vital to life.

(i) Discuss **four** uses of water in the body.

1

.....

2

.....

3

.....

4

..... [4]

(ii) Name the condition which results from a deficiency of water.

..... [1]

(iii) Give **two** symptoms of the condition identified in (ii).

1 2 [1]

(iv) Identify, with reasons, **three** groups of people who have a particular need for water.

Group 1

Reason 1

Group 2

Reason 2

Group 3

Reason 3 [3]

[Section A Total: 40]

Section B

Answer **four** questions.

- 2 (a) Define the following methods of transferring heat and give **one** example of each method:
- (i) conduction;
 - (ii) convection;
 - (iii) radiation. [3 x 3]
- (b) Discuss the advantages and disadvantages of cooking in a microwave oven. [6]
- 3 (a) All meals should be balanced.
Identify, with examples, **five** other points to consider when planning meals. [5]
- (b) Discuss the particular dietary needs of pregnant women. [5]
- (c) Explain the problems associated with a diet which is high in fat. [5]
- 4 Write an informative paragraph on each of the following:
- (a) different uses of sugar in the preparation of dishes; [5]
 - (b) rules, with reasons, for successful shortcrust pastry; [5]
 - (c) High Biological Value (HBV) protein for vegans. [5]
- 5 (a) Name **six** nutrients in fish. [3]
- (b) Explain **three** methods of preserving fish. [3]
- (c) Frying is a popular method of cooking.
- (i) Give **three** reasons for coating some foods before frying. [3]
 - (ii) Suggest **two** suitable coatings. [2]
 - (iii) Explain **four** safety points to consider when frying. [4]

- 6 (a) Name, and give quantities of additional ingredients needed for a fatless sponge cake made with three eggs. [2]
- (b) Describe, with reasons, how the cake is made and baked. [6]
- (c) Explain the changes which take place when the cake is baked. [4]
- (d) Suggest reasons for a close texture in the finished cake. [2]
- (e) Name **two** baked items which can be made using this recipe. [1]
- 7 (a) Bacteria can be responsible for food spoilage.
Name **four** other causes of food spoilage. [2]
- (b) Temperature is important for bacterial growth.
State the effect of the following temperatures on bacteria:
- (i) -18°C ;
- (ii) $4^{\circ}\text{C} - 7^{\circ}\text{C}$;
- (iii) $20^{\circ}\text{C} - 40^{\circ}\text{C}$;
- (iv) $70^{\circ}\text{C} - 100^{\circ}\text{C}$. [4]
- (c) Give advice on the use of a refrigerator to delay food spoilage. [5]
- (d) Discuss ways to avoid the transfer of bacteria to food during food preparation. [4]

[Section B Total: 60]

BLANK PAGE

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

University of Cambridge International Examinations is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.