



CANDIDATE
NAME

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CENTRE
NUMBER

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CANDIDATE
NUMBER

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6065/13

May/June 2023

2 hours

You must answer on the question paper.

No additional materials are needed.

- Section A: answer **all** questions.
- Section B: answer **all** questions.
- Section C: answer **one** question.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do **not** use an erasable pen or correction fluid.
- Do **not** write on any bar codes.

- The total mark for this paper is 100.
- The number of marks for each question or part question is shown in brackets [].

This document has **12** pages.

Section A

Answer **all** questions.

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

- 1 Define the term *malnutrition*.

..... [1]

- 2 All B-group vitamins are water-soluble.

Name **two** B-group vitamins.

1

2 [2]

- 3 Complete the following sentences:

(a) The body needs iron to produce in red blood cells. [1]

(b) The red blood cells help carry around the body to muscles. [1]

(c) A deficiency of iron can lead to the medical condition [1]

[Total: 3]

- 4 Give **one** example of a process carried out by the body that uses electrical energy.

..... [1]

- 5 State the role of the mouth in digestion.

..... [1]

6 (a) State **three** functions of potassium in the body.

1

2

3

[3]

(b) List **three** different good sources of potassium.

1

2

3

[3]

[Total: 6]

7 (a) Name the vitamin that helps prevent night blindness.

..... [1]

(b) Name **three** different plant sources of the vitamin named in (a).

1

2

3

[3]

[Total: 4]

8 (a) State **four** reasons why proteins are essential to life.

- 1
- 2
- 3
- 4 [4]

(b) Name the enzyme in gastric juice that starts the digestion of proteins in meat.

..... [1]

(c) Describe **three** effects of dry heat on the proteins in meat.

- 1
- 2
- 3 [3]

[Total: 8]

9 (a) Name the type of fat that contains **only** one double bond.

..... [1]

(b) Name **one** food that is a good source of the type of fat in (a).

..... [1]

[Total: 2]

- 10** Eating too much sugar increases the risk of tooth decay, obesity and type 2 diabetes.

Identify **three** health problems that could be caused by obesity, and **three** different health problems that could be caused by type 2 diabetes.

(a) obesity

- 1
- 2
- 3 [3]

(b) type 2 diabetes

- 1
- 2
- 3 [3]

[Total: 6]

- 11** It is important to plan nutritionally well-balanced meals.

Explain **six** points, other than nutrition, to consider when planning and preparing a packed lunch.

- 1
- 2
- 3
- 4
- 5
- 6 [6]

Section B

Answer **all** questions.

12 A recipe for a batter includes the following ingredients.

egg
milk
plain flour
salt

(a) Name **two** ingredients in the recipe that contain high biological value (HBV) protein.

- 1
- 2 [2]

(b) State the main raising agent in a batter.

..... [1]

(c) Batter can be used to coat fish before deep-fat frying.

Name **three** different ingredients that could be used with egg to make a coating to be used when frying food.

- 1
- 2
- 3 [3]

(d) State **five** functions of the batter when frying fish.

- 1
- 2
- 3
- 4
- 5 [5]

- (e) Attractive presentation of food helps to stimulate appetite.

Name **three** different garnishes suitable for serving with fried fish in batter.

- 1
- 2
- 3 [3]

- (f) Many people use an electric deep-fat fryer.

State, with reasons, **four** safety points to consider when buying an electric deep-fat fryer.

- 1
.....
- 2
.....
- 3
.....
- 4
..... [8]

[Total: 22]

13 Drying is one method of treating cow's milk to prevent souring.

(a) Name **two** other methods of treating cow's milk to prevent souring.

1

2 [2]

(b) State **four** guidelines for the storage of fresh cow's milk in the home.

1

2

3

4 [4]

(c) Some people have an intolerance to the lactose in cow's milk.

Suggest **three** alternative milk products suitable for someone who is lactose intolerant.

1

2

3 [3]

[Total: 9]

14 Manufacturers often use preservatives in their products.

(a) Explain **four** ways the consumer benefits from the addition of preservatives.

1

2

3

4 [4]

(b) Name **two** ingredients that may be used to preserve food in the home.

1

2 [2]

[Total: 6]

15 Budget and type of material are two factors to consider when choosing kitchen work surfaces.

(a) State **five** other factors to consider when choosing kitchen work surfaces.

- 1
- 2
- 3
- 4
- 5 [5]

(b) Name **three** types of materials that could be used for kitchen work surfaces.

- 1
- 2
- 3 [3]

[Total: 8]

16 Meat and poultry are often eaten as part of a balanced diet.

- Discuss nutritional benefits of including meat and poultry in the diet.
- Discuss, with examples, reasons for cooking meat and poultry.

OR

[15]

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the entire width of the page. There are no margins, text, or other markings on the paper.

<https://xtremepape.rs/>