



# Cambridge O Level

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## FOOD & NUTRITION

6065/12

Paper 1 Theory

May/June 2026

2 hours

You must answer on the question paper.

No additional materials are needed.

### INSTRUCTIONS

- 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. Do **not** use correction fluid or tape.
- Do **not** write on any bar codes.

### INFORMATION

- 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 Food labels contain lots of information that can be useful to a consumer, such as DRV and a list of ingredients.

(a) State what is meant by DRV.

D .....

R .....

V ..... [1]

(b) State **three** reasons why a list of ingredients on a food label is useful to a consumer.

1 .....

.....

2 .....

.....

3 .....

..... [3]

[Total: 4]



2 (a) Minerals are important in a balanced diet.

(i) Name **one** mineral that is found in milk.

..... [1]

(ii) Name **one** deficiency disease caused by a poor supply of the mineral named in 2(a)(i).

..... [1]

(b) Metabolism is the chemical process used by the body to convert food into energy.

(i) Name the mineral and the gland that help control the rate of metabolism.

mineral .....

gland ..... [2]

(ii) State **four** factors that affect energy requirements.

1 .....

2 .....

3 .....

4 ..... [4]

(iii) State **four** effects on the body when energy intake is less than energy output.

1 .....

2 .....

3 .....

4 ..... [4]

(iv) State **one** example of a process carried out by the body that uses mechanical energy.

..... [1]

[Total: 13]

3 Products made with wheat flour, such as bread and pasta, are a source of starch.

(a) Name **three** other different foods that are a good source of starch.

- 1 .....
- 2 .....
- 3 ..... [3]

(b) (i) Name the enzyme that begins the breakdown of starch.

..... [1]

(ii) State where in the digestive system the breakdown of starch begins.

..... [1]

[Total: 5]

4 Vitamin B<sub>3</sub> (nicotinic acid) is needed to help prevent the deficiency disease pellagra.

(a) State **two** symptoms of this disease.

- 1 .....
- 2 ..... [2]

(b) State **one** other function of vitamin B<sub>3</sub>.

..... [1]

(c) Name **four** different foods that are a source of vitamin B<sub>3</sub> for vegetarians.

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

[Total: 7]



5 Fats are solid at room temperature and oils are liquid at room temperature.

(a) Describe **two** other differences between fats and oils.

1 .....

.....

2 .....

.....

[2]

(b) Fats and oils are a source of vitamin D.

State **four** functions of vitamin D.

1 .....

2 .....

3 .....

4 .....

[4]

[Total: 6]

6 Protein is an important part of a balanced diet to help growth of the body.

Describe **five** other reasons why protein is an important part of a balanced diet.

1 .....

.....

2 .....

.....

3 .....

.....

4 .....

.....

5 .....

.....

[5]



## Section B

Answer **all** questions.

7 Shortcrust pastry is made using plain white flour, butter, white fat, water and salt.

(a) State **two** reasons why plain white flour is used to make shortcrust pastry.

- 1 .....
- 2 ..... [2]

(b) State **two** reasons why butter is used to make shortcrust pastry.

- 1 .....
- 2 ..... [2]

(c) State the proportion of fat to flour used to make shortcrust pastry.

..... [1]

(d) Name the method used to make shortcrust pastry.

..... [1]

(e) State **one** method of incorporating air when making shortcrust pastry.

..... [1]

(f) A popular use of shortcrust pastry is to make a pastry case which is baked blind.  
Baking blind is where the pastry case is baked without a filling.

State **four** reasons why a pastry case is baked blind.

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



(g) Sometimes faults occur when making shortcrust pastry products.

State **four** reasons why the pastry may shrink during baking.

- 1 .....
- 2 .....
- 3 .....
- 4 .....

[4]

(h) When making pastry dishes in the home, many consumers use pre-prepared pastry to save time.

State **four** other different reasons why a consumer may use pre-prepared pastry.

- 1 .....
- 2 .....
- 3 .....
- 4 .....

[4]

[Total: 19]

8 Food can be preserved by irradiation.

State **four** different reasons why some foods are preserved by irradiation.

- 1 .....
- 2 .....
- 3 .....
- 4 .....

[4]

9 Silicone is a popular ovenproof material used for bakeware.

(a) State **five** advantages of silicone as a material for bakeware.

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

(b) Name **two** other different materials that are used for bakeware.

- 1 .....
- 2 ..... [2]

[Total: 7]

10 It is important to maintain high standards of hygiene in a kitchen.

(a) State **four** ways to safely dispose of kitchen waste to prevent infestation from vermin.

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

(b) Poor hygiene in a kitchen can lead to cases of food poisoning.

State **three** symptoms of food poisoning.

- 1 .....
- 2 .....
- 3 ..... [3]

[Total: 7]



- 11 Cook-chill products, such as fresh pasta meals, curries and fish pies, are popular with many consumers.

(a) Describe **four** ways the cook-chill process helps to prevent food spoilage.

1 .....

2 .....

3 .....

4 .....

[4]

(b) Describe **four** disadvantages of cook-chill products.

1 .....

2 .....

3 .....

4 .....

[4]

[Total: 8]





## Section C

Answer **either** Question 12 **or** 13.

- 12** Discuss health and safety guidelines that should be followed in the kitchen to prevent falls, burns and scalds. [15]

**OR**

- 13** Discuss how the nutritional benefits and versatility of eggs make them a popular commodity. [15]

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings on the page.

This image shows a full page of a handwriting practice worksheet. It consists of approximately 20 horizontal rows. Each row is defined by two parallel dashed lines, creating a series of uniform gaps for letter height. The lines are evenly spaced across the entire page, providing a guide for consistent letter formation. There is no text or other markings on the page.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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