



Cambridge O Level

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FOOD & NUTRITION

6065/13

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 It is important for good health to eat a balanced diet.

Explain the meaning of a balanced diet.

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

- 2 Vitamins are essential in a diet for good health.

(a) Describe **three** health issues caused by a deficiency of vitamin A in the diet.

1
2
3 [3]

(b) (i) State **three** health issues caused by a deficiency of vitamin B₂ (riboflavin) in the diet.

1
2
3 [3]

(ii) Name **three** different animal foods that are a good source of vitamin B₂.

1
2
3 [3]

[Total: 9]



3 State **three** reasons why manual workers require a good supply of protein in their diet.

1

2

3

[3]

4 Carbohydrates provide the body with energy.

State **three** other functions of carbohydrates in the body.

1

2

3

[3]

5 Garnishing is a way of enhancing the appearance of savoury food.

Name **three** different garnishes suitable for serving with boiled white rice.

1

2

3

[3]



6 Fats and oils can be classified as saturated, monounsaturated and polyunsaturated.

(a) Name **three** chemical elements that make up fats and oils.

- 1
- 2
- 3 [3]

(b) State **four** reasons why saturated fats, such as butter, are commonly used to make cake products.

- 1
- 2
- 3
- 4 [4]

(c) Name the part of the digestive system where fats are digested.

..... [1]

(d) Name the enzyme involved in the breakdown of fats during digestion.

..... [1]

(e) State the function of bile in the digestion of fats.

..... [1]

(f) Name the end products of fat digestion.

- 1
- 2 [2]

[Total: 12]



- 7 State and explain **four** reasons why increasing the amount of vegetables in the diet can help maintain good health.

reason 1

explanation 1

.....

reason 2

explanation 2

.....

reason 3

explanation 3

.....

reason 4

explanation 4

.....

[8]



Section B

Answer **all** questions.

- 8 The following ingredients can be used to make a cheese sauce using the roux method.

50 g butter
50 g plain white flour
250 ml full fat milk
50 g Cheddar cheese
¼ tsp salt
pinch pepper
pinch mustard

- (a) Name **two** ingredients in the recipe that make the roux.

1
2 [2]

- (b) Name **one** ingredient in the sauce that makes it suitable for a person with osteoporosis.

..... [1]

- (c) Name **one** ingredient in the sauce that makes it unsuitable for a person who is lactose intolerant.

..... [1]

- (d) Suggest **two** different ways to adapt the recipe to meet each of the following dietary needs.

- (i) low-cholesterol diet

1
2 [2]

- (ii) high-fibre diet

1
2 [2]





(iii) low-sodium diet

1

2 [2]

(e) Sauces are served with meals to add flavour.

State **four** other different reasons for serving sauces with meals.

1

2

3

4 [4]

(f) Name **two** different bulb vegetables that could be added to change the flavour of the sauce.

1

2 [2]

(g) State **four** reasons why it is important to stir the mixture continuously when making a roux sauce.

1

2

3

4 [4]

[Total: 20]



9 Many types of fruit can be preserved using dehydration.

(a) Name **three** other different types of food that can be preserved using dehydration.

- 1
- 2
- 3 [3]

(b) State how the process of dehydration preserves fruit.

-
-
- [2]

(c) (i) State **four** benefits of dehydrated fruit to the consumer.

- 1
- 2
- 3
- 4 [4]

(ii) State **two** disadvantages of dehydrated fruit to the consumer.

- 1
- 2 [2]

[Total: 11]

10 Kitchens should be kept clean at all times to avoid attracting household pests.

List **four** cleaning tasks that should be carried out in the kitchen to prevent attracting household pests.

- 1
- 2
- 3
- 4 [4]





11 Boiling is a moist method of cooking.

(a) Name **three** other different moist methods of cooking.

1

2

3

[3]

(b) Scalding is one of the most common injuries in the kitchen when using moist cooking methods.

State **four** safety rules to follow to reduce the risk of a scald when using moist cooking methods.

1

2

3

4

[4]

(c) Describe the first aid treatment for a scald.

.....

.....

.....

.....

.....

..... [3]

[Total: 10]





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

Discuss the benefits to a family of using a microwave oven.

OR

Discuss modifications to food choices that can be made to prevent this risk.

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11

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