

Centre Number	Candidate Number	Name
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UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Ordinary Level

FOOD AND NUTRITION

6065/01

Paper 1 Theory

October/November 2004

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

Section A

Answer **all** parts of Question 1 in the spaces provided on the Question Paper.
You are advised to spend no longer than 45 minutes on Section A.

Section B

Answer any **four** questions.
Write your answers on the separate Answer Booklet/Paper provided.
At the end of the examination, fasten all your work securely together.
Enter the numbers of the Section B questions you have answered in the grid below.
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	/
Total	

If you have been given a label, look at the details. If any details are incorrect or missing, please fill in your correct details in the space given at the top of this page.

Stick your personal label here, if provided.

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



Section A

Answer **all** questions.

1 (a) (i) State **three** functions of protein.

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

(ii) Name the nutrients which combine to form protein.

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

(iii) (a) (i) Define the term 'High Biological Value (HBV) protein'.

.....
.....[1]

(ii) Name **four** foods which are good sources of HBV protein.

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

(b) (i) Define the term 'Low Biological Value (LBV) protein'.

.....
.....[1]

(ii) Name **four** foods which are good sources of LBV protein.

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

(c) (i) What are complementary proteins?

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.....[2]

(ii) Give **two** examples.

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.....[1]

(d) (i) State **three** reasons for including sodium chloride (salt) in the diet.

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

(ii) Name **two** situations in which individuals will require additional salt. Give a reason for each of your answers.

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.....[2]

(iii) What would be the result of a diet lacking in salt?

.....[1]

(iv) Explain **six** ways of reducing salt in the diet.

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.....[6]

Section B

Answer **four** questions

- 2 (a) List **six** nutrients in red meat. [3]
- (b) Suggest **four** methods of tenderising tough meat before cooking. [2]
- (c) Name **two** moist methods of cooking meat.
Describe the changes which take place when meat is cooked by one of these methods. [5]
- (d) Current nutritional advice is to reduce the intake of red meat. Give reasons for this statement and suggest alternative foods. [5]
- 3 (a) List **five** methods of introducing air into mixtures. Give an example for each method. [5]
- (b) The following list of ingredients can be used to make plain scones.
- 200 g (8 oz) plain flour
4 level teasp. baking powder
1/2 level teasp. salt
50 g (2 oz) margarine, lard or other hard fat
125 ml (1/4 pt) milk
- Describe, with reasons, the method for making and baking scones. [6]
- (c) Name **two** ingredients which could be used to vary the mixture. [1]
- (d) Name the gas used as the raising agent in scones and explain:
- (i) how it is produced in the mixture;
- (ii) how it makes the scones rise. [3]
- 4 Write an informative paragraph on **each** of the following:
- (a) making shortcrust pastry [5]
- (b) cooking with cheese [5]
- (c) garnishing and decorating [5]
- 5 (a) List **five** reasons for cooking food. [5]
- (b) How can money be saved when
- (i) buying food; [5]
- (ii) cooking food. [5]

- 6 (a) List **six** pieces of information which must be shown on a food label. State, in each case, why the information is important. [6]
- (b) Nutritional information is often shown on a label. Name **two** groups of people who would find this information useful. Give reasons for your answer. [4]
- (c) Discuss the use of additives in food. [5]
- 7 (a) (i) List the causes of food spoilage. [2]
- (ii) State **four** conditions which encourage the growth of micro-organisms. [2]
- (b) Freezing is often used to preserve food. Explain:
- (i) how freezing prevents food spoilage; [2]
- (ii) the reason for 'fast freezing' food. [2]
- (c) (i) Give the temperature at which a domestic refrigerator should operate. [1]
- (ii) What would happen if the temperature in the refrigerator was:
- (a) too high;
- (b) too low. [1]
- (iii) State and explain **five** rules to observe when storing food in a refrigerator. [5]

