



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
General Certificate of Education Ordinary Level

CANDIDATE  
NAME

CENTRE  
NUMBER

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**FOOD AND NUTRITION**

**6065/01**

Paper 1 Theory

**October/November 2010**

**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 ink.

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	
<b>Section A</b>	
<b>Section B</b>	X
<b>Total</b>	

This document consists of **7** printed pages and **1** blank page.



**Section A**

Answer **all** questions.

For  
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Use

1 (a) (i) List the **three** elements which combine to form fat.

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

(ii) State **three** functions of fat.

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

(iii) Give **three** facts about each of the following and give **one** example of each.

Saturated fat

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

Monounsaturated fat

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

Polyunsaturated fat

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



(b) (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]

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

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



**Section B**

Answer **four** questions.

- 2** All meals should be well balanced.
- (a) Identify, with examples, **five** other points to consider when planning meals. [5]
  - (b) Discuss the dietary needs of a pregnant woman. [6]
  - (c) Explain the problems that could occur if the diet of a pregnant woman contains too much sugar. [4]
- 3** The following ingredients can be used to make shortcrust pastry:
- 200 g flour  
100 g fat  
pinch of salt  
approx. 8 teaspoons of water
- (a) Give advice on the choice of flour and fat for shortcrust pastry. [5]
  - (b) Describe, with reasons, how to make shortcrust pastry. [6]
  - (c) Name **four** dishes that could be made using shortcrust pastry. [2]
  - (d) Give **two** reasons for each of the following faults:
    - (i) pastry shrinks during baking;
    - (ii) pastry is hard and tough. [2]
- 4** Write an informative paragraph on each of the following:
- (a) reasons for cooking; [5]
  - (b) advantages and disadvantages of frying; [5]
  - (c) saving time when preparing and cooking family meals. [5]
- 5**
- (a) State the importance of raising agents. [2]
  - (b) List **five** different ways of introducing air into mixtures and give **one** example of the use of each. [5]
  - (c) State and explain **five** rules to follow when making bread using yeast. [5]
  - (d) Discuss the composition, use and storage of baking powder. [3]

- 6 Describe and explain the changes which take place when:
- (a) meat is cooked by a moist method; [5]
  - (b) a loaf of bread is baked; [5]
  - (c) a roux sauce is made. [5]
- 7 Discuss the choice and care of:
- (a) kitchen surfaces; [5]
  - (b) saucepans; [5]
  - (c) electric food mixers. [5]

**[Section B Total: 60]**

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