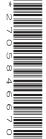


UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS General Certificate of Education Ordinary Level

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



FOOD AND NUTRITION

6065/12

Paper 1 Theory

October/November 2012

2 hours

Candidates answer on the Question Paper.

No Additional Materials are required.

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 questions.

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

Section B

Answer all questions.

Section C

Answer either Question 8(a) or 8(b).

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 Exam	iner's Use
Section A	
Section B	
Section C	
Total	

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Section A

Answer all questions.

For
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Use

1	(a)	Name three nutrients which provide the body with energy.
		Nutrient 1
		Nutrient 2
		Nutrient 3[3]
	(b)	State the energy value of 1 g of each of the nutrients named in (a).
		Nutrient 1
		Nutrient 2
		Nutrient 3[3]
	(c)	Define the term <i>energy balance</i> .
		[1]
	(d)	Discuss reasons why individuals have different energy requirements.
		[6]

(e)	Explain what happens if too much energy-giving food is eaten.
	[4]
Iror	is involved in the production of energy.
(a)	Name two animal sources of iron.
	1
	2[1]
(b)	Name two plant sources of iron.
` ,	
	1
	2[1]
(c)	Name the pigment which gives blood its red colour.
	[1]
(d)	Explain the function of the pigment named in (c).
	[2]
(e)	Name the deficiency disease associated with iron.
	[1]
(f)	State four symptoms of the disease named in (e) .
(')	
	1
	2
	3
	4

(a)	One of the functions of vitamin C is to promote the absorption of iron.	
	Give three other functions of vitamin C.	E
	1	
	2	
	3[3]	
(b)	Name two good sources of vitamin C.	
	1	
	2[1]	
(c)	Name the deficiency disease associated with vitamin C.	
	[1]	
(d)	Why is it important to have a daily supply of vitamin C?	
	[1]	
Des	e small intestine plays an important part in digestion and absorption.	
Des	scribe and explain:	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	

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(b)	absorption in the small intestine.	For Examiner's
		Use
	[3]	
	[Section A Total: 40]	

Section B

Answer all questions.

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Wri	te an informative paragraph on each of the following:
(a)	the use of a refrigerator;
	[5]
(h)	different uses of fats and oils;
(5)	amoroni abbo or late and one,
	[5]

5

)	the advantages and disadvantages of steaming.	For Examiner's Use

For Examiner's Use

(a)	Sta	te four re	asons for serving sauces and give an example for each reason.
	Rea	ason 1	
	Exa	ımple 1	
	Rea	ason 2	
	Exa	ımple 2	
	Rea	ason 3	
	Exa	ımple 3	
	Rea	ason 4	
	Exa	ımple 4	[4]
(b)	The	following	ingredients can be used to make cheese sauce:
		25 g 25 g 250 ml 50 g	flour margarine milk cheese
	(i)	Describe	e, with reasons, how to make cheese sauce by the roux method.
			[4]
	(ii)	Name tv	vo dishes which include cheese sauce.
		1	
		2	[1]

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6

(c)	Identify three different ways to reduce the amount of fat in the cheese sauce.	For Examiner's
	1	Use
	2	
	3[3]	
(d)	Suggest three reasons for a lumpy sauce.	
	1	
	2	
	3	

For Examiner's Use

Dis	cuss:	
(a)	the importance of food packaging;	
	[5]	
(b)	the information on food labels;	
(b)	the information on food labels;	
(b)	the information on food labels;	
(b)	the information on food labels;	
(b)	the information on food labels;	
(b)	the information on food labels;	
(b)	the information on food labels;	
(b)	the information on food labels;	
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(b)	the information on food labels;	

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7

(c)	the use of additives in processed food.	For
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	[5]	
	[Section B Total: 45]	

Section C

Answer either 8(a) or 8(b).

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8	(a)	Explain why some people choose to follow a vegetarian diet and suggest ways to ensure that vegetarians have enough High Biological Value (HBV) protein.		
		lder	ntify and discuss problems that could be associated with vegetarian diets. [15]	
OR				
8	(b)		vs' milk is important in the diet but it does not keep long unless it is treated or made another dairy product.	
		Disc	cuss this statement under the following headings:	
		(i)	nutritive value of milk;	
		(ii)	different methods of treating milk to extend its shelf-life;	
		(iii)	dairy products. [15]	
		•••••		

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[Section C Total: 15]

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[Total for Paper: 100]

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