



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 Examiner's Use	
<b>Section A</b>	
<b>Section B</b>	
<b>Section C</b>	
<b>Total</b>	

This document consists of **14** printed pages and **2** blank pages.



**Section A**

Answer **all** questions.

For  
Examiner's  
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 *energy balance*.

.....

..... [1]

(d) Discuss reasons why individuals have different energy requirements.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [6]

(e) Explain what happens if too much energy-giving food is eaten.

.....  
.....  
.....  
..... [4]

2 Iron 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 ..... [2]

3 (a) One of the functions of vitamin C is to promote the absorption of iron.

Give **three** other functions of vitamin C.

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]

4 The small intestine plays an important part in digestion and absorption.

Describe and explain:

(a) digestion in the small intestine;

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [6]

(b) absorption in the small intestine.

*For  
Examiner's  
Use*

.....

.....

.....

.....

.....

.....

..... [3]

**[Section A Total: 40]**

**Section B**

Answer **all** questions.

*For  
Examiner's  
Use*

**5** Write an informative paragraph on each of the following:

**(a)** the use of a refrigerator;

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [5]

**(b)** different uses of fats and oils;

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [5]

(c) the advantages and disadvantages of steaming.

For  
Examiner's  
Use

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

6 (a) State **four** reasons for serving sauces and give an example for each reason.

Reason 1 .....

Example 1 .....

Reason 2 .....

Example 2 .....

Reason 3 .....

Example 3 .....

Reason 4 .....

Example 4 ..... [4]

(b) The following ingredients can be used to make cheese sauce:

- 25g flour
- 25g margarine
- 250ml milk
- 50g cheese

(i) Describe, with reasons, how to make cheese sauce by the roux method.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [4]

(ii) Name **two** dishes which include cheese sauce.

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



(c) Identify **three** different ways to reduce the amount of fat in the cheese sauce.

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

*For  
Examiner's  
Use*

(d) Suggest **three** reasons for a lumpy sauce.

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

7 Discuss:

(a) the importance of food packaging;

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [5]

(b) the information on food labels;

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [5]

(c) the use of additives in processed food.

For  
Examiner's  
Use

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

**[Section B Total: 45]**

**Section C**

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

*For  
Examiner's  
Use*

- 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.

Identify and discuss problems that could be associated with vegetarian diets. [15]

**OR**

- 8 (b)** Cows' milk is important in the diet but it does not keep long unless it is treated or made into another dairy product.

Discuss 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]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

A series of horizontal dotted lines for writing, spanning the width of the page.

Dotted lines for writing.

**[Section C Total: 15]**

**[Total for Paper: 100]**



**BLANK PAGE**

---

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

University of Cambridge International Examinations is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.