



Cambridge O Level

CANDIDATE
NAME

CENTRE
NUMBER

--	--	--	--	--

CANDIDATE
NUMBER

--	--	--	--



FOOD & NUTRITION

6065/11

Paper 1 Theory

October/November 2021

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 or correction fluid.
- 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. Any blank pages are indicated.

Section A

Answer **all** questions.

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

1 Correct proportions of fat and minerals should be included in a balanced diet.

Name **two** other groups of nutrients that should be included in a balanced diet.

1

2 [2]

2 (a) Name **two** elements in molecules of fats and oils.

1

2 [2]

(b) Triglycerides are a common type of fat.

Complete the equation to show the composition of a triglyceride molecule.

1 molecule of triglyceride = 1 molecule of + 3 molecules of [2]

(c) Give the term used to describe what happens to fat when it spoils due to over-exposure to air.

..... [1]

(d) State **four** functions of fat in the body.

1

2

3

4 [4]

(e) State **three** characteristics of a polyunsaturated fat.

1

2

3 [3]

(f) Name **four** different foods that contain saturated fat.

- 1
- 2
- 3
- 4 [4]

(g) Name **one** enzyme that breaks down fat during digestion.

- [1]
- [Total: 17]

3 (a) State **two** different functions of calcium in the body.

- 1
- 2 [2]

(b) Name **one** nutrient that helps calcium to be absorbed in the body.

- [1]

(c) Name **two** diseases that may be caused by a lack of calcium.

- 1
- 2 [2]
- [Total: 5]

4 The chemical name for salt is sodium chloride.

(a) State **one** function of chloride in the body.

- [1]

(b) State **two** effects in the body if the diet is lacking in salt.

- 1
- 2 [2]

(c) State **two** results in the body if the diet has excess salt.

- 1
- 2 [2]

(d) State how salt prevents the growth of microorganisms when used in preserving food.

- [1]
- [Total: 6]

5 (a) Name **four** different iron-rich foods that are suitable for a vegetarian.

- 1
- 2
- 3
- 4 [4]

(b) Discuss reasons why iron-rich foods need to be included in the diet of adult women.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [6]

[Total: 10]

Section B

Answer **all** questions.

6 A basic recipe for making a blended custard sauce uses the following ingredients:

- 25 g custard powder
- 25 g sugar
- 500 ml full fat milk

(a) Give **three** reasons for continually stirring the sauce during cooking.

- 1
- 2
- 3 [3]

(b) Explain how the sauce thickens during cooking.

-
-
-
-
-
-
-
-
-
- [4]

(c) Explain why a person who is lactose intolerant would not be able to eat this sauce.

-
-
-
-
-
-
-
- [3]

(d) To save time many people buy ready-made custard sauce in a tin or carton. Give **five** other reasons for using ready-made custard sauce.

- 1
 - 2
 - 3
 - 4
 - 5
- [5]

[Total: 15]

7 Bacteria can cause food poisoning.

(a) State **three** conditions that are needed for bacteria to multiply.

- 1
 - 2
 - 3
- [3]

(b) Identify **six** different personal hygiene practices to follow when cooking in order to prevent food poisoning.

- 1
 -
 - 2
 -
 - 3
 -
 - 4
 -
 - 5
 -
 - 6
 -
- [6]

[Total: 9]

8 Complete the table to show a **different** raising agent that can be used for each named dish.

dish	raising agent
fruit scone	
gingerbread	
Swiss roll	
bread roll	

[4]

9 (a) Give **two** reasons for evaluating the sensory properties of food products.

1

2 [2]

(b) Name **two** sensory properties of food that could be evaluated.

1

2 [2]

(c) Describe **three** rules that must be followed when evaluating the sensory properties of food products.

1

2

3 [3]

[Total: 7]

10 A refrigerator is a piece of equipment found in most kitchens.

(a) Suggest **five** different points to consider when buying a new refrigerator for a family of four.

- 1
 - 2
 - 3
 - 4
 - 5
- [5]

(b) Keeping food in a refrigerator delays spoilage of food.

List **five** points to follow when using the refrigerator to ensure food is kept safe to eat.

- 1
 - 2
 - 3
 - 4
 - 5
- [5]

[Total: 10]

Section C

Answer **either** Question 11 **or** 12.

11 Electrical equipment must be used safely in the kitchen in order to prevent accidents. Discuss, with examples, ways to prevent other causes of accidents in the kitchen. [15]

OR

12 Some foods are cooked before being eaten.

Using examples, discuss:

- the reasons for cooking food
 - roasting as a method of cooking different foods.
- [15]

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

A series of 25 horizontal dotted lines spanning the width of the page, providing a template for handwriting practice.

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

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.

To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced online in the Cambridge Assessment International Education Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download at www.cambridgeinternational.org after the live examination series.

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