



Cambridge O Level

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FOOD & NUTRITION

6065/11

Paper 1 Theory

October/November 2025

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.

Section A

Answer **all** questions.

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

- 1 Name the term used to describe excess intake of nutrients.

..... [1]

- 2 (a) Name the term used to describe protein food that lacks at least one essential amino acid.

..... [1]

- (b) State **three** reasons why teenagers require a good supply of protein in their diet.

1

2

3

[3]

- (c) Name **one** enzyme found in the stomach that is necessary for the digestion of protein.

..... [1]

[Total: 5]

- 3 State **four** possible health issues that could result from eating too much carbohydrate in the diet.

1

2

3

4

[4]



4 (a) State **four** characteristics of monounsaturated fats.

- 1
- 2
- 3
- 4 [4]

(b) Name **four** different foods that are a good source of monounsaturated fats.

- 1
- 2
- 3
- 4 [4]

[Total: 8]

5 Describe the action of lactase in the ileum.

-
-
- [2]



6 Minerals are important in a healthy diet.

(a) State **three** health issues that could result from a high amount of sodium chloride (salt) in the diet.

1

2

3 [3]

(b) The mineral that helps prevent goitre is iodide.

(i) Name **three** different good sources of iodide.

1

2

3 [3]

(ii) Name the part of the body that is affected by goitre.

..... [1]

(c) Name **four** different foods a lacto-vegetarian could eat that provide a good source of iron.

1

2

3

4 [4]

(d) State **three** functions of potassium in the body.

1

2

3 [3]

[Total: 14]



7 (a) Name **three** different foods that are a good source of vitamin D.

1

2

3

[3]

(b) The body can make vitamin D using the ultraviolet rays from sunlight.

State **three** groups of people who may **not** be able to make enough vitamin D in this way.
Include a reason for each answer.

1

.....

2

.....

3

.....

[3]

[Total: 6]





Section B

Answer **all** questions.

- 8** The following ingredients can be used to make a sponge cake.

100 g self-raising flour
100 g butter
100 g caster sugar
2 eggs

- (a)** Complete the table to show **three** functions of each ingredient when making a sponge cake.

ingredient	function
butter	1
	2
	3
flour	1
	2
	3

[6]

- (b)** Describe how to make the sponge cake mixture using the creaming method.

..... [6]

[Total: 12]



9 Stir-frying is a popular method of cooking.

(a) Name **three** other methods of frying.

- 1
- 2
- 3 [3]

(b) Frying uses conduction and convection as methods of heat transference.

Explain the process of conduction when stir-frying.

-
-
-
- [3]

(c) State and explain **four** benefits of stir-frying as a method of cooking.

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



(d) State **four** disadvantages of frying as a method of cooking.

- 1
- 2
- 3
- 4 [4]

(e) State **six** guidelines to follow to avoid accidents when stir-frying.

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

(f) Name **three** different types of protein foods suitable for a vegan that could be used in a stir-fry.

- 1
- 2
- 3 [3]



(g) Poultry, such as chicken, is often used in a stir-fry.

State **six** ways to prevent food poisoning when preparing and cooking a chicken stir-fry. Include a reason for each answer.

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

[Total: 29]

10 Describe **four** advantages of using ceramic tiles as a wall covering in a kitchen.

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





Section C

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

- 11** Pulses are the edible seeds from legume plants.

Discuss, with examples:

- the nutritional value of pulses
- the importance of pulses as a cooking ingredient.

[15]

OR

- 12** A 25-year-old overweight female has been told she has type 2 diabetes.

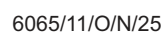
Use your knowledge of nutrition and meal planning to discuss ways this female could make healthier food choices to manage her weight and type 2 diabetes. [15]

[15]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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[Turn over

This image shows a full page of a handwriting practice worksheet. It consists of multiple sets of three horizontal dashed lines, providing a guide for letter height and placement. The lines are evenly spaced across the entire page, leaving ample room for writing practice. There is no text or other markings on the page.

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