

	UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATION General Certificate of Education Ordinary Level	ATIONS		
CANDIDATE NAME				
CENTRE NUMBER	CANDIDAT NUMBER	E		
FOOD AND N	UTRITION		60	065/01
Paper 1 Theo		r Examin	ation fron	n 2012
SPECIMEN PA	APER		•	hours
No Additional I	swer on the Question Paper. Materials are required. INSTRUCTIONS FIRST Intre number, candidate number and name on all the work you hand i	n.		- Ilouis
	lue or black pen. a soft pencil for any diagrams or graphs.	For Ev	aminer's l	معا
•	ples, paper clips, highlighters, glue or correction fluid.			J36
Section A		1		
Answer all que	estions.	2		
Section B	ed to spend no longer than 45 minutes on Section A.	3		
Answer all que	estions.	4		
	Question 7 or 8.			
The number of	f marks is given in brackets [] at the end of each question or part	5		
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question.

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1		
2		
3		
4		
5		
6		
7		
8		
Total		

This document consists of 14 printed pages.



SECTION A

Answer all questions.

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Car	rbonydrates provide the body with energy.	
(a)	Name the elements in carbohydrate.	
	1	
	2	
	3	[3]
(b)	State four different ways in which the body uses energy.	
	1	
	2	
	3	
	4	[4]
(c)	Explain reasons for reducing the amount of sugar in the diet.	
		[4]

(d)	Describe the digestion of starch in:
	the mouth
	the duodenum
	the ileum
	[6]
(e)	Explain the importance of Non-Starch Polysaccharide (NSP) / dietary fibre in the diet.
	[4]
(f)	Name four good sources of NSP.
	12
	3 4 [2]

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Vitamins and minerals are essential for a balanced diet. (a) Vitamin C (Ascorbic acid) State four functions of vitamin C. 1 2 ______ 3 4 ______ Name three good sources of vitamin C. 1 2 _____ 3 _____ Name the deficiency disease caused by a lack of vitamin C. (b) Iron State four functions of iron. 1 2 3 4 _____ Name three good sources of iron. 1 2 3 _____ Name the deficiency disease caused by a lack of iron.

(a)	Explain why some people choose to follow a vegetarian diet.
	[3]
(b)	Discuss ways in which vegetarians obtain sufficient amounts of High Biological Value (HBV) protein in their diet.
	[6]
	[Section A Total: 40]

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Section B

Answer all questions.

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All meals should be well balanced.				
(a)	List six other points to consider when planning meals.			
	1			
	2			
	3			
	4			
	5			
	6[3]			
(b)	Discuss the nutritional requirements of the elderly.			
	[6]			

(c)	Explain, with named examples, the importance of fresh fruit and vegetables in the diet.
	[6]

Exp	plain the following terms and give one example of each:	For Examiner's
(a)	coagulation;	Use
	Example [3]	
/ls\	forms and adia m.	
(D)	fermentation;	
	Example [3]	
	Log	
(c)	gelatinisation;	
	Example [3]	

(d)	hydrogenation;
	Example [3]
(e)	pasteurisation.
	Example [3]

The following ingredients can be used to make bread. 200g flour 12g fresh yeast or 1 level tsp. dried yeast 1 level tsp. sugar 1 tsp. salt 125ml warm water (a) Describe, with reasons, how to carry out the following processes in bread making: (i) kneading; (ii) proving. [3] (b) Give advice, with reasons, on the choice of flour for bread making.

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(c)	Describe and explain the changes, which take place when bread is baked.
	[5]

[Section B Total: 45]

Section C

Answer either Question 7 or Question 8.

7	High levels of bacteria in food can cause food poisoning.	
	Discuss ways of preventing food poisoning when storing, preparing and cooking food.	[15]
OR		
8	The kitchen should be a safe place in which to work.	
	Discuss the causes and prevention of accidents in the kitchen.	[15]

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[Section C Total: 151

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[Paper Total: 100]

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