



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Ordinary Level

CANDIDATE
NAME

CENTRE
NUMBER

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CANDIDATE
NUMBER

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FOOD AND NUTRITION

6065/01

Paper 1 Theory

For Examination from 2012

SPECIMEN PAPER

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 pen.

You may use a soft pencil for any diagrams or graphs.

Do not use staples, paper clips, highlighters, glue or correction fluid.

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 7 **or** 8.

The number of marks is given in brackets [] at the end of each question or part question.

For Examiner's Use	
1	
2	
3	
4	
5	
6	
7	
8	
Total	

This document consists of **14** printed pages.



SECTION A

Answer **all** questions.

*For
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Use*

1 Carbohydrates 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.

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- [4]

(d) Describe the digestion of starch in:

the mouth

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the duodenum

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the ileum

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..... [6]

(e) Explain the importance of Non-Starch Polysaccharide (NSP) / dietary fibre in the diet.

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..... [4]

(f) Name **four** good sources of NSP.

1 2

3 4 [2]

2 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.

..... [4]

(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.

..... [4]

3 (a) Explain why some people choose to follow a vegetarian diet.

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..... [3]

(b) Discuss ways in which vegetarians obtain sufficient amounts of High Biological Value (HBV) protein in their diet.

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..... [6]

[Section A Total: 40]

5 Explain the following terms and give one example of each:

(a) coagulation;

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Example [3]

(b) fermentation;

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Example [3]

(c) gelatinisation;

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Example [3]

(d) hydrogenation;

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Example [3]

(e) pasteurisation.

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Example [3]

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