



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

May/June 2007

2 hours

Candidates answer Section A on the Question Paper.

Additional Materials: Answer Booklet/Paper



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.
DO NOT WRITE IN ANY BARCODES.

Section A

Answer **all** parts of Question 1 in the spaces provided on the Question Paper.
You are advised to spend no longer than 45 minutes on Section A.

Section B

Answer any **four** questions.
Write your answers on the separate Answer Booklet/Paper provided.
Enter the numbers of the **Section B** questions you have answered in the grid below.

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.

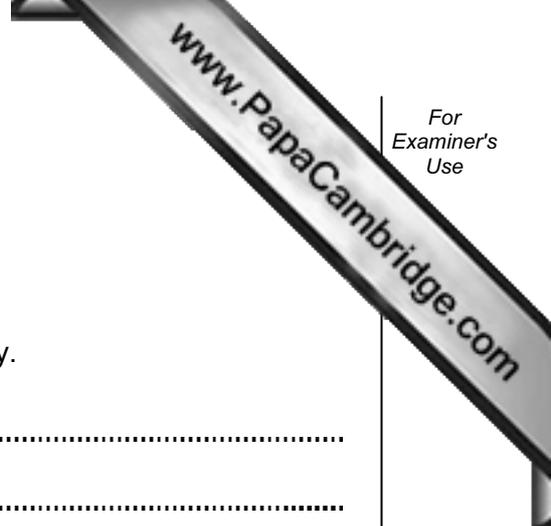
For Examiner's Use	
Section A	
Section B	
Total	

This document consists of 7 printed pages and 1 blank page.



Section A

Answer **all** questions.



1 (a) (i) Name **three** nutrients which provide the body with energy.

- 1
- 2
- 3 [3]

(ii) State the energy value of 1g of each of the nutrients named in (a)(i).

- 1
- 2
- 3 [3]

(iii) Give **three** ways in which the body uses energy.

- 1
- 2
- 3 [3]

(iv) Define the term *energy balance*.

-
- [1]

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

-
-
-
- [4]

(b) Iron is involved in the production of energy.

(i) Name **two** animal sources of iron.

- 1
- 2 [1]

(ii) Name **two** plant sources of iron.

- 1
- 2 [1]

(iii) Name the pigment which gives blood its red colour.

..... [1]

(iv) Explain the function of the pigment named in (b)(iii).

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

(v) Name the deficiency disease associated with a lack of iron.

.....

State **three** symptoms of the disease.

- 1
- 2
- 3 [2]

(c) (i) One of the functions of vitamin C is to promote the absorption of iron.

Give **three** other functions.

- 1
- 2
- 3 [3]

(ii) Name **two** good sources of vitamin C.

- 1
- 2 [1]

(iii) Why is it important to have a daily supply of vitamin C?

..... [1]

(d) The small intestine plays an important part in digestion.

Describe and explain each stage of digestion in the small intestine.

.....
.....
.....
.....
.....
.....
.....
..... [8]

Section B

Answer **four** questions.

- 2 (a) Name **six** nutrients in red meat. [3]
- (b) List the reasons why meat might be tough. [2]
- (c) Suggest **four** methods of tenderising tough meat before it is cooked. [2]
- (d) Explain how tough cuts of meat become tender during cooking. [4]
- (e) Soya beans can be processed to resemble meat. Discuss the advantages and disadvantages of using soya beans in this way. [4]
- 3 The following ingredients can be used to make shortcrust pastry:
- 200g flour
100g fat
pinch of salt
approx. 8 tsp. water
- (a) Give advice on the choice of flour and fat for shortcrust pastry. [5]
- (b) Describe, with reasons, how to make shortcrust pastry. [6]
- (c) Name **four** dishes which could be made using shortcrust pastry. [2]
- (d) Give **two** reasons for each of the following faults which could occur:
- (i) pastry shrinks during baking;
- (ii) hard, tough pastry. [2]
- 4 Meals should be well-balanced.
- (a) Explain **five** other points to consider when planning meals. [5]
- (b) Discuss ways of saving time when preparing and cooking meals. [4]
- (c) Discuss the special nutritional requirements of teenage girls. [6]

- 5 Write an informative paragraph on each of the following:
- (a) prevention of accidents in the kitchen;
 - (b) personal hygiene; [5]
 - (c) storage of perishable foods. [5]
- 6 Define the following terms and give **one** example of the use of each:
- (a) bake blind; [3]
 - (b) basting; [3]
 - (c) proving; [3]
 - (d) creaming; [3]
 - (e) au gratin. [3]
- 7 (a) State **six** different types of vegetable and give **one** example of each type. [6]
- (b) Name **four** nutrients which can be present in vegetables, giving examples to illustrate your answer. [4]
- (c) Discuss other reasons for including vegetables in the diet. [5]

[Total: 60]

[Total for Paper: 100]

