



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

October/November 2008

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.

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

Section B

Answer any **four** questions.

Write your answer 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.

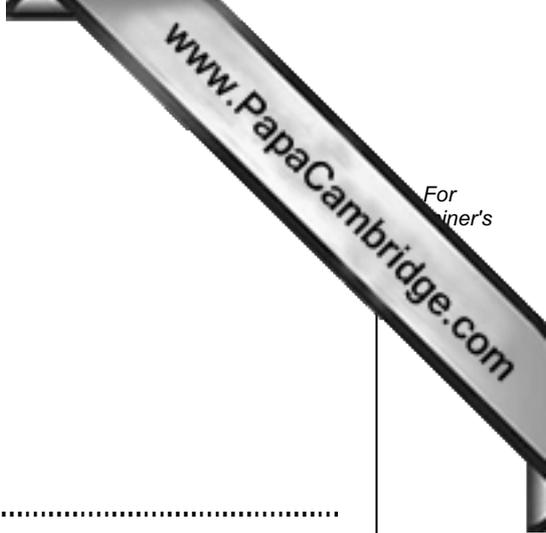
For Examiner's Use	
Section A	
Section B	X
Total	

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



SECTION A

Answer **all** questions.



1 (a) Carbohydrates provide the body with energy.

(i) Name the elements in carbohydrate.

1

2

3 [3]

(ii) State **four** different ways in which the body uses energy.

1

2

3

4 [4]

(iii) Explain reasons for reducing the amount of sugar in the diet.

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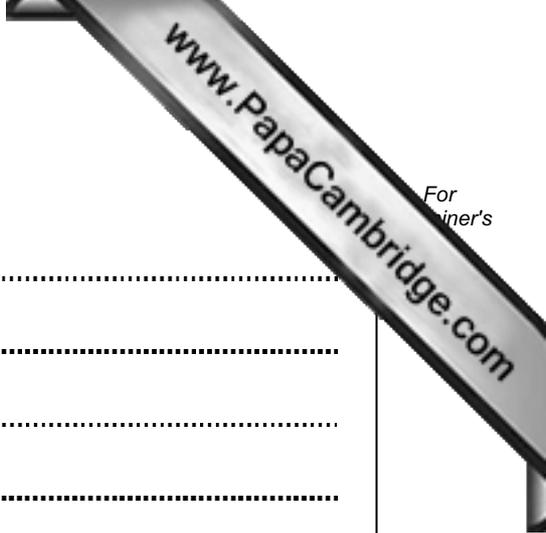
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..... [4]



(iv) 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]

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

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..... [4]

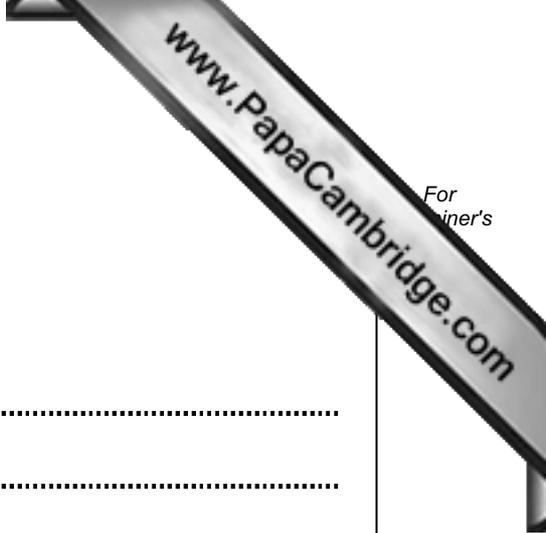
(vi) Name **four** good sources of NSP.

1

2

3

4 [2]



(b) Vitamins and minerals are essential for a balanced diet.

(i) **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]

(ii) **Iron**

State **four** functions of iron.

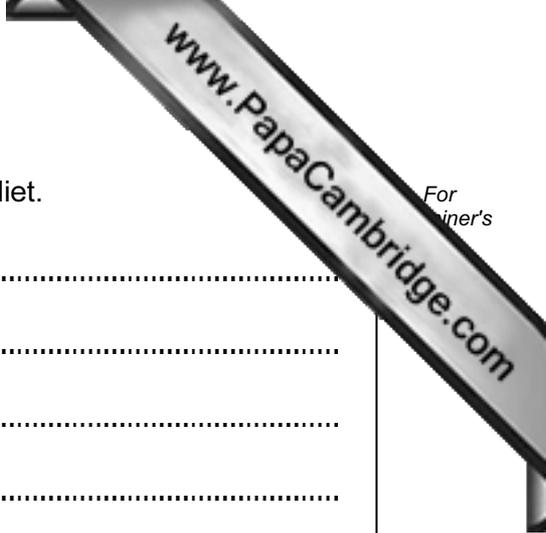
- 1
- 2
- 3
- 4

Name **three** good sources of iron.

- 1
- 2
- 3

Name the deficiency disease caused by a lack of iron.

..... [4]



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

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..... [3]

(ii) 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]

Section B

Answer **four** questions.

2 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 [3]

(ii) proving [3]

(b) Give advice, with reasons, on the choice of flour for bread making. [4]

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

3 Explain the following terms and give one example of each.

(a) coagulation

(b) fermentation

(c) gelatinisation

(d) hydrogenation

(e) pasteurisation [5 x 3]

- 4 High levels of bacteria in food can cause food poisoning.
- (a) (i) List **four** of the conditions bacteria require for growth. [4]
(ii) State **four** symptoms of food poisoning. [4]
- (b) Discuss ways of preventing food poisoning when:
- (i) storing food; [4]
(ii) preparing food; [4]
(iii) cooking food. [3]
- 5 Write an informative paragraph on each of the following:
- (a) safety when deep frying; [5]
(b) microwave cookery; [5]
(c) the choice and care of saucepans. [5]
- 6 All meals should be well balanced.
- (a) List **six** other points to consider when planning meals. [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]
- 7 Describe, with reasons, each of the following processes:
- (a) lining a pastry case and baking it 'blind'; [5]
(b) rolling and folding flaky pastry; [5]
(c) coating food with egg and bread crumbs before deep-frying. [5]

[Section B Total: 60]

[Paper Total: 100]

