

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS General Certificate of Education Ordinary Level

CANDIDATE NAME						
CENTRE NUMBER				CANDIDATE NUMBER		



FOOD AND NUTRITION

6065/11

Paper 1 Theory

October/November 2012

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 ink.

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 questions.

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

Section B

Answer all questions.

Section C

Answer either Question 8(a) or 8(b).

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 Exan	niner's Use
Section A	
Section B	
Section C	
Total	

This document consists of 12 printed pages.

Answer all questions.

Milk	is an important source of protein for young cl	hildren.
(a)	State three functions of protein.	
	1	
	2	
	3	[3]
(b)	Name four elements which combine to form	protein.
	1	2
	3	4[2]
(c)	Define the term High Biological Value (HBV)	protein.
		[1]
(d)	Name four foods which are good sources of	HBV protein.
	1	2
	3	4[2]
(e)	Define the term Low Biological Value (LBV)	protein.
		[1]
(f)	Name four foods which are good sources of	LBV protein.
	1	2
	3	4[2]
(g)	What are complementary proteins?	
		[2]
(h)	Give two examples of complementary protein	ins.
- *	1	
	2	[1]

1

2

(a)	Describe the digestion and absorption of protein.	For
		Examiner's
		Use
	[6]	
(b)	What is meant by the term deamination of protein?	
	[2]	

For Examiner's Use

3	Whi	te fish is deficient in calcium and vitamin D.
	(a)	Explain the importance of calcium in the diet.
		[2]
	(b)	Name four good sources of calcium.
		1 2
		3[2]
	(c)	Name a deficiency disease associated with calcium.
	(-)	
		[1]
	(d)	Give two symptoms of the deficiency disease identified in (c) .
		1
		2[1]
	(e)	Explain the importance of vitamin D in the diet.
		[2]
	(f)	Name four good sources of vitamin D.
		1 2
		3[2]

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	(g)	Salt-water fish is a good source of iodine. Explain the importance of iodine in a balanced diet.	For Examiner's Use
		[2]	
	(h)	Name the deficiency disease associated with a lack of iodine and give one symptom of the disease.	
		Deficiency disease	
		Symptom[1]	
4	Disc	cuss ways of encouraging good eating habits in children.	
		[5]	
		[O1] A T-1-1 401	

[Section A Total: 40]

Section B

Answer all questions.

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5	Exp	lain the following terms and give one example of each.
	(a)	Coagulation
		Example[3]
	(b)	Fermentation
		Example[3]
	(c)	Gelatinisation
		Example[3]
	(d)	Hydrogenation
		Francis [0]
	(-)	Example
	(e)	Pasteurisation
		Example[3]
		[0]

For Examiner's Use

6

It is	recommended that fruit should be eaten each day.
(a)	Name five nutrients that can be found in fruit.
	Illustrate your answer with named examples of fruits.
	Nutrient 1
	Example 1
	Nutrient 2
	Example 2
	Nutrient 3
	Example 3
	Nutrient 4
	Example 4
	Nutrient 5
	Example 5[5]
(b)	State five different ways of using fruit in family meals.
	Give examples to support your answers.
	Method 1
	Example 1
	Method 2
	Example 2
	Method 3
	Example 3
	Method 4
	Example 4
	Method 5
	Example 5

	(c)	Discuss other reasons for including fruit in the diet.	For
			Examiner's Use
		[5]	
7	Writ	te an informative paragraph on each of the following:	
	(a)	preparing, cooking and serving green vegetables to conserve vitamin C;	
		[5]	
		[J]	

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(b)	the advantages and disadvantages of frying;	For
		Examiner's
		Use
	[5]	
, ,		
(c)	saving time when preparing and cooking family meals.	
	[6]	
	[5]	

[Section B Total: 45]

Section C

Answer either 8(a) or 8(b).

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8 OR	(a)	[15]
8	(b)	Identify and give examples of different raising agents. Discuss their use in the preparation of meals. [15]

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	For Examiner's Use
[Section C Total: 15]	
[Total for Paper: 100]	
[10tal for Laper. 100]	1

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