

Cambridge International Examinations

Cambridge Ordinary Level

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		

FOOD AND NUTRITION

6065/12

Paper 1 Theory

October/November 2014

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 an HB pencil for any diagrams or graphs.

Do not use staples, paper clips, 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

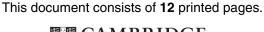
Answer all questions.

Section C

Answer either Question 9(a) or 9(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.



Section A

Answer all questions.

Def	ine the term <i>malnutrition</i> .	
(a)	Name the three vitamins in the vitamin B complex.	
	B1	
	B2	
	В3	. [3
(b)	Name four foods which provide a good supply of the vitamin B complex.	
	1	
	2	
	3	
	4	. [2]
(c)	State which vitamin would be lacking if you suffered from megaloblastic anaemia.	
		. [1]
(d)	Complete the following sentences.	
	Vitamin C is also known as	
	from food and helps protect against the deficiency disease	
	known as	[3]
(e)	Name four good sources of vitamin C.	
	1	
	2	
	3	
	4	. [2]

Writ	e an informative paragraph on the importance of calcium in a healthy diet.	
•••••		
	each of the following digestive enzymes state where they are found and what they do.	
	each of the following digestive enzymes state where they are found and what they do.	
	each of the following digestive enzymes state where they are found and what they do. amylase	
(a)	each of the following digestive enzymes state where they are found and what they do. amylase	
(a)	each of the following digestive enzymes state where they are found and what they do. amylase	

	(c)	(c) pepsin			
			[3]		
5	Disc	scuss points to consider when planning a packed lunch for a manual worker.			
			[Total: 40]		

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Section B

Answer all questions.

6	(a)	State five different types of vegetable and give an example of each.	
		1	
		2	
		3	
		4	
		5	[5]
	(b)	Explain the importance of fresh vegetables in the diet.	
	(c)	Describe, with reasons, how peas are prepared for freezing.	[၁]
			[4]

	(i)	*
	(ii)	***
(e)	Give	e reasons why some people prefer to use frozen rather than fresh vegetables.
(a)	With	n reasons, suggest advantages and disadvantages of using:
(a)	With	n reasons, suggest advantages and disadvantages of using:
(a)		
(a)		a microwave

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((ii)	a food processor.
		[5]
(b)	Give	e advice for the safe use of electrical equipment.
		[3]

8 This is a recipe for scones.

200 g self raising flour ½ level teaspoon salt 50 g salted butter 50 g sugar 125 ml whole milk

(a)	Nar	ne the method used to incorporate the fat into the flour.	
(b)	Exp	lain how:	[1]
	(i)	air is incorporated into the scones;	
			[1]
	(ii)	CO ₂ is incorporated into the scones.	
			[1]
(c)	Des	scribe what changes take place when the scones are baked.	
	•••••		
(d)	Exp	lain how to adapt the recipe to suit someone with:	
	(i)	high blood pressure	[1]
	(ii)	high cholesterol	[1]
	(iii)	diabetes	[1]
	(iv)	constipation	[1]
(e)	Sug	gest two ways to vary the recipe to give a savoury product.	
	1		
	2		[2]

[Total: 45]

Section C

Answer either Question 9(a) or 9(b).

Eitr	ner		
9	(a)	Discuss some of the factors which influence food choices.	[15]
Or			
9	(b)	Explain the causes of food spoilage and describe good kitchen hygiene practices.	[15]

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••

[Total: 15]

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