

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education
Advanced Subsidiary Level and Advanced Level

FOOD STUDIES

9336/01

Paper 1

October/November 2005

3 hours

Additional Materials: Answer Booklet/Paper

READ THESE INSTRUCTIONS FIRST

If you have been given an Answer Booklet, follow the instructions on the front cover of the Booklet.
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 rough working.
Do not use staples, paper clips, highlighters, glue or correction fluid.

Answer **four** questions.

Section A

Answer **two** questions.

Write your answers on the separate Answer Booklet/Paper provided.

Section B

Answer **two** questions.

Write your answers on the separate Answer Booklet/Paper provided.

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.

You are reminded of the need for good English and clear presentation in your answers.

Section A

Answer **two** questions from this section.

1 (a) Identify and classify fats and oils and describe the structure of each type identified. [7]

(b) The composition of fats and oils affects their properties and uses.

Discuss the following terms associated with fats and oils.

(i) plasticity; [4]

(ii) rancidity; [2]

(iii) smoke point; [4]

(iv) hardness. [2]

(c) Describe the digestion and absorption of fats. [6]

[Total: 25]

2 Calcium and iron are important for the formation and maintenance of body tissues.

For each of these minerals, discuss:

(a) absorption and uses; [16]

(b) the results of an excess or a deficiency; [6]

(c) the provision of adequate amounts from foods available locally. [3]

[Total: 25]

3 (a) (i) Define the term 'balanced diet'. [1]

(ii) Discuss situations which could prevent an individual from having a balanced diet. [8]

(b) (i) Give reasons for the advice to limit the intake of salt and sugar. [6]

(ii) Suggest ways to follow the advice. [4]

(c) Non-Starch Polysaccharide (NSP) is not a nutrient but an adequate amount is essential in the diet. Explain the importance of NSP. [6]

[Total: 25]

- 4 (a) Explain your understanding of the term 'RDI'. [4]
- (b) Discuss the particular dietary needs of a pregnant woman. [4]
- (c) (i) Explain why some young children suffer from:
- (a) kwashiorkor; [4]
 - (b) rickets. [4]
- (ii) describe and account for the symptoms; [4]
- (iii) discuss ways to prevent these diseases. [4]

[Total: 25]

Section B

Answer **two** questions from this section.

- 5 (a) State the importance of raising agents when preparing and cooking dishes. [2]
(b) Describe and explain the changes which take place when a loaf of bread is made and baked. [10]
(c) Discuss the uses of air as a raising agent in cookery. [8]
(d) Write an informative paragraph on the composition and use of self-raising flour. [5]

[Total: 25]

- 6 Deep freezing has become a popular method of food preservation both commercially and in the home.
- (a) Give reasons for the popularity of deep freezing. [3]
(b) Explain the scientific principles of deep freezing. [6]
(c) Give advice, with reasons, on packaging food for the domestic freezer. [6]
(d) Give advice, with reasons, on:
(i) the thawing and cooking of a frozen chicken; [6]
(ii) the storage and use of left-over cooked chicken. [4]

[Total: 25]

- 7 (a) Discuss the nutritional value of meat. [7]
(b) Identify and explain factors which affect the tenderness of meat. [12]
(c) Describe and give reasons for the changes which take place when meat is cooked. [6]

[Total: 25]

- 8 (a) Many processed foods contain additives.
(i) Discuss food additives and their functions. [8]
(ii) Identify problems which could be associated with the use of food additives. [2]
(b) (i) Discuss information which must be shown on a food label. [5]
(ii) Explain the advantages of giving nutritional information on food labels. [5]
(c) Explain why much of our food is packaged before it is sold. [5]

[Total: 25]