

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

**FOOD STUDIES**

**9336/01**

Paper 1

October/November 2006

**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.  
You are reminded of the need for good English and clear presentation in your answers.  
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 **two** questions from this section.

- 1 Carbohydrates provide the body with energy.
- (a) Describe the structure of different types of carbohydrate and give examples of each. [8]
- (b) (i) Explain how energy is released from the absorbed nutrients. [6]  
(ii) Identify the vitamins involved in energy release and state their importance. [2]
- (c) Define the term 'Basal Metabolic Rate'. [3]
- (d) Identify and explain differences in individual energy requirements. [6]
- [Total: 25]**
- 2 (a) Discuss the particular dietary needs of the elderly. [10]
- (b) Elderly people may suffer from osteomalacia or osteoporosis.
- (i) Describe and account for the symptoms of each condition; [6]  
(ii) discuss methods for their prevention. [4]
- (c) Many elderly people have an unbalanced diet. Discuss possible reasons for this. [5]
- [Total: 25]**
- 3 (a) Explain, with examples, the importance of each of the following in a healthy diet:
- (i) anti-oxidants; [5]  
(ii) essential fatty acids; [3]  
(iii) Non-Starch Polysaccharide (NSP) – (dietary fibre). [5]
- (b) Discuss different types of anaemia and suggest dietary remedies. [12]
- [Total: 25]**
- 4 Current dietary advice highlights the importance of limiting the amount of sugar, fat and salt (NaCl) in the diet.
- For each nutrient discuss:
- (a) digestion and absorption; [8]  
(b) functions in the body; [6]  
(c) problems associated with an excess in the diet; [8]  
(d) methods of reducing consumption. [3]

## Section B

Answer **two** questions from this section.

- 5 (a) Discuss the nutritional value of milk. [10]
- (b) Identify and explain methods of preserving milk. [10]
- (c) Explain the following terms with reference to milk:
- (i) clotting; [3]
- (ii) curdling. [2]

[Total: 25]

- 6 (a) Give reasons for the preservation of fruit. [4]
- (b) Discuss the causes of fruit spoilage. [8]
- (c) Explain the importance of the following in jam-making:
- (i) pectin; [5]
- (ii) sugar; [5]
- (iii) acid. [3]

[Total: 25]

- 7 Colour and consistency are important for successful dishes.

Give a detailed account of the following processes, illustrating your answer with examples:

- (a) caramelisation; [3]
- (b) dextrinisation; [3]
- (c) coagulation; [7]
- (d) emulsification; [5]
- (e) gelatinisation. [7]

[Total: 25]

- 8 Many factors must be considered when choosing food and preparing meals.

(a) Discuss each of the following factors:

- (i) time available; [7]
- (ii) money available; [7]
- (iii) religious and moral values. [6]

- (b) Give an account of the circumstances which influence the choice of food available locally. [5]

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