



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

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**FOOD STUDIES**

**9336/01**

Paper 1

**October/November 2009**

**3 hours**

Additional Materials: Answer Booklet/Paper

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**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, graphs or rough working.

Do not use staples, paper clips, highlighters, glue or correction fluid.

Answer **four** questions, **two** from Section A and **two** from Section B.

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.

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This document consists of **4** printed pages.



## Section A

Answer **two** questions from this section.

- 1 (a) Define and classify fats and oils. [6]
- (b) Explain the term *plasticity* with reference to fats and oils. [4]
- (c) Explain the difference between trans fatty acids and cis fatty acids. [1]
- (d) Describe the digestion and absorption of fat. [6]
- (e) Explain current dietary advice to limit the amount of fat in the diet. [8]
- 2 (a) Explain the importance of regular meals for children. [4]
- (b) Discuss points to consider when planning and serving children's meals. [10]
- (c) Write an informative paragraph on the causes and symptoms of each of the following deficiency diseases:
- (i) marasmus; [2]
- (ii) kwashiorkor; [3]
- (iii) scurvy; [3]
- (iv) rickets. [3]
- 3 Water and Non-Starch Polysaccharide (NSP)/dietary fibre, although not nutrients, are essential for a balanced diet.
- (a) (i) Explain the functions of water in the body. [8]
- (ii) Define the term *water balance* and discuss its importance. [4]
- (b) (i) Explain the importance of NSP in a healthy diet. [6]
- (ii) Identify and describe problems which can be associated with a diet which has a poor NSP content. [4]
- (iii) Suggest ways to increase the amount of NSP in family meals. [3]

- 4 (a) Classify carbohydrates and describe the structure of each type identified. [1]
- (b) Discuss the functions of carbohydrates.
- (c) Explain the following processes:
- (i) gelatinisation; [3]
  - (ii) dextrinisation; [2]
  - (iii) the setting of jam; [3]
  - (iv) caramelisation. [2]

### Section B

Answer **two** questions from this section.

- 5 Discuss the choice of food under the following headings:
- (a) availability of food;
  - (b) culture and religion;
  - (c) advertising and packaging;
  - (d) cost;
  - (e) nutritional knowledge and skill. [5 x 5]
- 6 (a) Discuss the advantages and disadvantages of:
- (i) cooking in a microwave oven; [6]
  - (ii) using convenience foods; [6]
  - (iii) home freezing. [6]
- (b) Discuss the importance of following traditional methods of preparing, cooking and storing food. [7]

- 7 (a) Identify the causes of food spoilage and the conditions which favour the process. [1]
- (b) Explain the points to consider when preparing, cooking and storing food to ensure that it is safe to eat. [1]
- (c) Discuss possible reasons for the increased number of cases of food poisoning in some countries. [5]
- 8 (a) Suggest, with reasons, types of flour and fat suitable for making:
- (i) shortcrust pastry; [4]
- (ii) puff pastry. [4]
- (b) Explain the changes which take place when preparing and cooking:
- (i) shortcrust pastry; [5]
- (ii) puff pastry. [5]
- (iii) Discuss problems which could occur when making and baking shortcrust pastry and puff pastry. [7]